



# Blanket ball

A court game where a ball is passed over a net using a blanket. The receiving team tries to keep the ball off the floor. Play with 6 or more.

## What you need

- > Lightweight ball or beach ball
- > Suitable indoor or outdoor playing space
- > Net or 'no-go' barrier
- > Blankets, sheets or large plastic bags

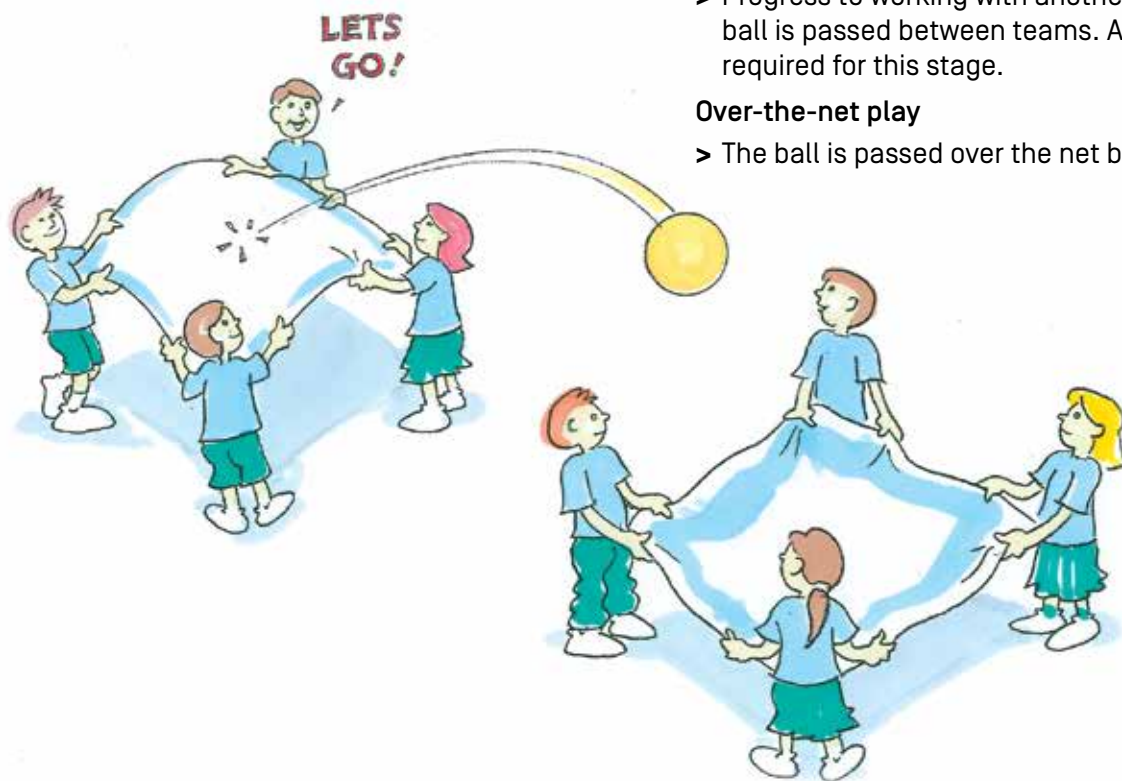
## What to do

### Cooperative warm-up

- > Work either in pairs (smaller blanket) or 4s.
- > Teams begin with a ball each.
- > Each team practises tossing and catching their ball in their blanket.
- > Progress to working with another team – the ball is passed between teams. A barrier is not required for this stage.

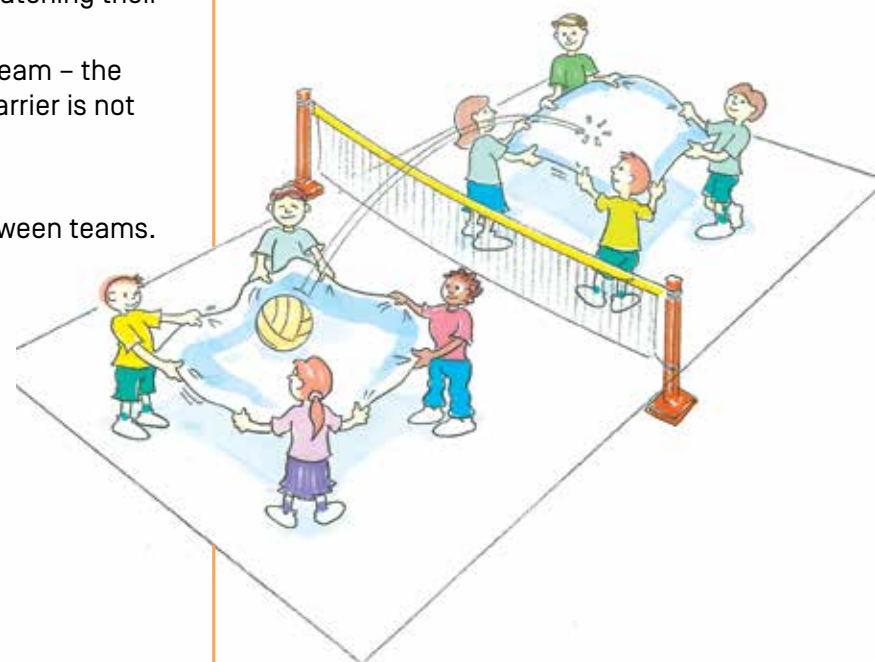
### Over-the-net play

- > The ball is passed over the net between teams.



## Scoring

- > One point if opponents fail to catch the ball, or if they pass the ball out of court.



## LEARNING INTENTION

*Blanket ball* requires players to work cooperatively to pass the ball from 'blanket to blanket' without the ball hitting the ground.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION  
MUSCULAR ENDURANCE

SELF-REGULATION (EMOTIONS)  
COLLABORATION

TACTICS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO48

ACPMPO61

ACPMPO67

## change it...

### Coaching

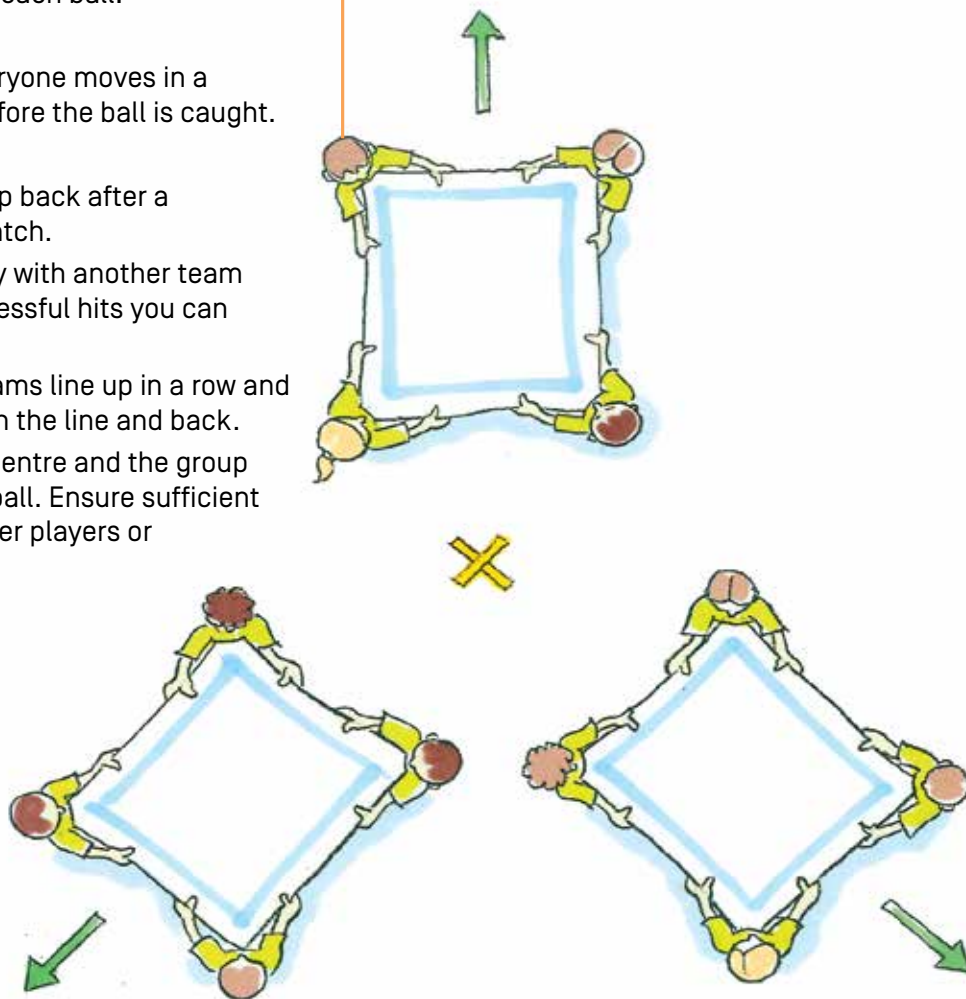
- > This activity requires a high level of cooperation both in moving with the blanket and in tossing the ball. Use the cooperative warm-up to allow players to explore this aspect fully.

### Warm-up variations

- > Use a slower-moving beach ball.
- > Toss for height.
- > Toss the ball, then everyone moves in a clockwise direction before the ball is caught.
- > Use 2 balls.
- > Teams each take a step back after a successful toss and catch.
- > Play a cooperative rally with another team to see how many successful hits you can get in a row.
- > Pass it on – several teams line up in a row and the ball is passed down the line and back.
- > The ball is tossed off-centre and the group moves to recover the ball. Ensure sufficient free space without other players or obstructions.

### Game variations

- > Court size and shape.
- > Net height or size of 'no-go' barrier.
- > Variations where teams try to maximise their separation can be played competitively with parallel teams.



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### Safety

- > A smooth surface and playing area free from obstructions.
- > The court should be an appropriate size for the number and ability of players with adequate separation between groups.
- > In activities where players move with the blanket, adopt an appropriate class management strategy to avoid collisions/falls.

### Ask the players

- > How do your actions influence the emotions of others in your team?
- > Which parts of your body get tired after long rallies?
- > What is the best way to toss the ball? Combine the question with a role-model demonstration.
- > How much separation can be gained without dropping the ball? See fifth warm up variation.