

Materials	Volleyball (or other similar ball or balloon), string or rope, two chairs
Learning Outcome	Discover alternative ways to play traditional activities and experience playing a Parasport.

Description

Sitting volleyball is a sport that is growing across Canada. It is played at the Paralympic Games and is also enjoyed at the community level. Ensure there is enough space to play away from any safety hazards. Put two chairs across from each other and tie a rope or string to them to create a net that is about 1 metre from the ground. Have a player sit on each side of the net and explain that in sitting volleyball some part of the body (from the shoulders to the buttocks) must be in contact with the ground when playing the ball. One player (or team) begins by serving and the serve rotates between players (or team) depending on the point awarded.

A point is awarded when a player cannot return the ball to the other side of the net, the ball is hit out of bounds, or if a serve does not make it over the net. A point is awarded every rally. Play the game until one player (or team) scores 25 points.

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the youth the reflection questions below and discuss the answers together.

- Do you think any strategies differ in sitting volleyball compared to traditional volleyball? If so, which strategies differ?
- What other Paralympic sports are you aware of? If you do not know of any others, research them to find out more.