

Wallyball

Physical
Education



At School
Activities



Game-Centred
Activities

7-12

Grade
Level

Equipment	One volleyball per student, wall space
Learning Outcome	Demonstrate how to send for accuracy and maintain a rally.
COVID-19 Safety Precautions	Ensure students touch only their own ball. Remind students to keep a safe physical distance from each other. Clean or sanitize the equipment before and after the activity.

Flipped Classroom Strategy (Optional)

A flipped classroom is an instructional model where direct instruction is delivered to students outside of and before instructional time. Students are introduced to content that supports the introduction, comprehension, and recall of content and then instructional time is utilized to apply, analyze, synthesize, or evaluate content.

Before implementing this activity during instructional time, create a video or written instructions to share with students providing an overview of passing and volleying techniques. Encourage students to practice passing and volleying against a wall or with a partner. If students do not have access to adequate equipment or space, they can practice using a soft object (e.g., balloon, etc.) and space that is safe and available to them.



Activity Description

Find a playing area large enough so pairs of students have adequate room to play the game against a wall.

As a large group, review and practice how to pass and volley. If utilizing a flipped classroom strategy, remind students to apply what they learned or reviewed in advance of the activity.

Divide students into pairs and provide each student with volleyball. Invite pairs to find a space on the wall a safe distance from other pairs. Partners start at the same time and use the wall to pass or volley to themselves. Partners continue to rally by passing or volleying to themselves against the wall until one partner loses control of the ball. Pairs tally their number of successful passes or volleys together and start again trying to improve their score. After an allotted amount of time, invite pairs to challenge another pair and see which pair can accumulate the highest number of successful rally 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 education. Consider asking students the reflection questions below and discuss the answers together.

- What strategies did you and your partner use to maintain the rally? Were your strategies the same or different?
- What modifications could you make to this game to increase or decrease the complexity?



Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Complete the activity in a space with minimal distractions.	Students use their feet to send a ball with their feet against the wall and trap it.	Students use a jingle ball or other auditory ball to pass and volley.	Students play the game on their own.

Observing Learning Outcomes

Consider the following when observing student learning.

- Is the student able to successfully volley the ball against the wall?
- Is the student exhibiting a balanced stance when volleying the ball off the wall?

Connecting to PHE At Home Learning

The following PHE At Home Learning activity can be utilized by students at home or modified for use during instructional time in order to extend learning.

[Sitting Volleyball](#)