

# Seated Volleyball

## Key Learning

*To develop the ability to include others and to empathize with those who are excluded.*

## Goal Of The Game

To sit on the ground and hit the ball over the centre line instead of a net.

## What You Need

### Equipment

- Ball (lighter and bigger than a volleyball) – 1 for every 2 teams
- Chalk (or anything to mark a centre line on the ground)
- Chairs (optional)

### No. of players

- 6 or more

## Opening Question

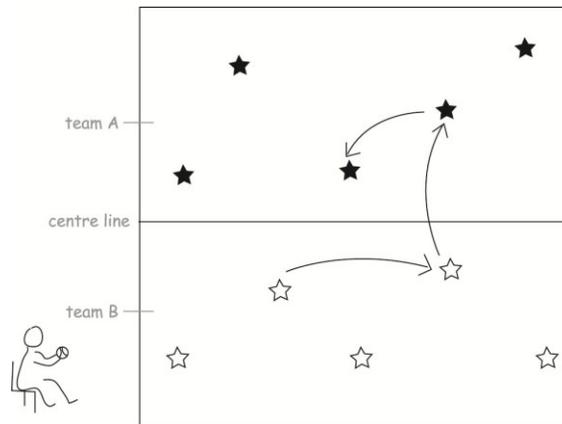
- Who are people in your community who are treated differently because of a certain characteristic? (For example, their culture, language, religion, ability, etc.)

## How To Play

- ⚠ Ensure the play area is clean and free of obstructions.
1. Mark a rectangular volleyball court for each pair of teams. Mark a line in the centre of each court (see diagram).
2. Divide the players into teams of 3–8. Try to create an even number of teams.
3. Pair up teams and explain that they will challenge each other.
4. Ask the players if they know the rules for volleyball.
5. Some basic rules of volleyball:
  - The aim is to keep the ball in the air using only hands and arms.
  - Team A serves the ball over the centre line.
  - Team B must hit the ball back over the line using their hands or arms without the ball touching the ground.
  - Each team can hit the ball no more than 3 times before sending it over the centre line.
  - Team A scores a point when the ball lands on the ground in Team B's court or if Team B hits the ball out of the play area. Team B scores a point if Team A hits the ball more than 3 times in a row before passing it over the line.
6. Explain and demonstrate that:
  - This game is just like volleyball except that:
    - All players must stay seated.
    - Instead of using a net, players must hit the ball over the centre line.

## Seated Volleyball *continued*

- Players are not allowed to stand or use their legs.
- If a player uses his or her legs, the ball will be given to the other team and the play continues



### Watch For

- Is every player getting an opportunity to hit the ball?
- Are the players passing to their teammates?
- Are the players staying seated during the game?

### Discussion

#### **Reflect**

- What was challenging about playing volleyball while staying seated?
- How did you feel not being able to use your legs?
- How did you feel knowing that your teammates were facing the same challenges?

#### **Connect**

- How do you think it feels to be excluded?
- What are some things you have done to help others feel more included?

#### **Apply**

- What can we do to make sure everyone in our community feels valued and respected?

## *Seated Volleyball* continued

### **Variations**

- The ball must be passed to 3 players on the same team before it is hit over the centre line.
- Make it into a cooperative game: how many times can the ball be hit back and forth over the centre line?

### **Inclusion**

- Refer to pp. 14–18.

*\*adapted from the Red Ball Child Play resource*