

**Lesson 2 of 6**

**NET/WALL GAMES**

**EQUIPMENT**

assortment of balls (e.g. soccer balls, beach balls, foam balls, sepak takraw balls, balloons, foot bags) » benches and/or low nets » pylons  
 » YouTube video clip of sepak takraw » audiovisual equipment

**RELATED RESOURCES**

- Sepak Takraw Association of Canada website, [www.takrawcanada.com](http://www.takrawcanada.com)



**Safety First!**

2008 Safety Guidelines pages 137.

**WARM IT UP!**

**HACK ATTACK**

As students enter the activity area, invite them to warm-up individually or with a partner. Each student or group will need to select at least three balls and find an open space. In their space, encourage students to keep their chosen ball airborne while only using their feet. While participating in this foot juggling warm-up, encourage students to experiment with different strategies for success. Consider asking questions such as; “What part of your foot is best to use when you are trying to juggle your ball?” or “How high is it best to send the ball if you want to be successful in your juggling?” Similarly, encourage students to determine which balls allow them to be most successful. In order to consider the abilities of all students, it is important that inflated balloons also be available; likewise it would be preferable to have some sepak takraw balls as well.



Activity

**Activity**

Basic Skills	A8-5
Application of Basic Skills	

**Clues that students are achieving the outcome...**

“Students will demonstrate ways to receive, retain and send an object with varying speeds, accuracy and distance in skills specific to an activity” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can send a ball (of their choice) to teammates and toward open spaces at different and ideal speeds
- Students can juggle a ball (of their choice) with control



**WHOOO IT UP!****SEPAK TAKRAW**

Divide the class into three different groups. Each group will move through three different activity stations. Each of the three stations will require students to play modified sepak takraw games so they can develop an appreciation for, and ability in, the strategies and skills required to play the game. At each of the following stations, after each rally, students should switch balls so that by the end, students have a better idea about which ball is most appropriate for their group. Pose a question students can discuss as they move from one station to the next about the strategies they are using to be successful; e.g., “How did you place your body?”, “Where did you send the ball?”

**Station I - Cooperative Bounce Rallies** » In teams of two, games are set up with one team opposite another within a defined boundary separated by a bench or net. Each team must bring their “favourite” bouncing ball to the game. The teams work cooperatively to rally the ball back and forth to one another over the net. Students are allowed to have the ball bounce one time before they pass or send the ball back to their opponents.

**Station II - Cooperative No-Bounce Rallies** » In teams of two, games are set up with one team opposite another within a defined boundary separated by a bench or net. Each team must bring their “favourite” ball to the game. The teams work cooperatively to rally the ball back and forth to one another over the net. Students receive the ball without allowing a bounce before they pass or send the ball back to their opponents. **Station III – Competitive Bounce Rallies** » In teams of two, games are set up with one team opposite another within a defined boundary separated by a bench or net. Each team must bring their “favourite” bouncing ball to the game. The teams work cooperatively to rally the ball back and forth to one another over the bench/net at least three times. Once the ball has gone over the bench/net for the third time, the ball is in play and the game is “on”. Players are allowed to have the ball bounce one time before they pass or send the ball back to their opponents.

Pose a final question for students to discuss as they move to a corner of the activity area. When gathered as a large group, invite 4-5 students to share examples of the strategies they used to be successful at each station activity.

**Safety First!**

2008 Safety Guidelines pages 137.

**WRAP IT UP!****VIDEO AND DISCUSSION**

Share with students a video clip of high-level sepak takraw (see Related Resources). After watching the video clip, ask students questions about strategy such as, “What court formations do the teams use to best cover space in their court?” and “What strategies might you begin to attempt in an effort to be more offensive in future games?”.

**Activity**