

Around the World with Net/Wall Games

Incorporating world games into your #PhysEd program...

...allows students to explore new or familiar tactical problems and skills through unfamiliar regional activities, sports, and games.

...expands students' knowledge of common concepts and the skills and strategies needed for better play.

...enables physical educators to create outcomes-based units, rather than units focused on one traditional sport or *just* world games.

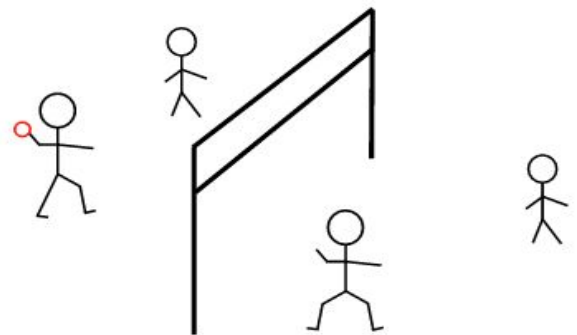
Net/wall games are activities in which players send an object towards a court or target area that an opponent is defending. Some examples include badminton, four square, pickleball, Spikeball, table tennis, and volleyball.

Here are three of our favorite net/wall games from around the world.

Ringo (Poland)

Layer One → Ringo Rally

- Divide the class into groups of 4. Within each group, there will be two pairs. Each group of 4 needs a court with a net to play on. If nets are unavailable, use chalk, cones, or floor tape. **Top Tip:** Courts do not have to follow full gameplay dimensions. Make skinny courts, short courts, and wide courts...whatever works for your space!
- All 4 students practice tossing the ring (deck ring) over the net, trying to get a rally going with no drops or out of bounds throws.
- The flight of the ring must form an arc. Spikes and “sky-high” throws are not allowed.
- Encourage students to toss the ring in all parts of the court...short, long, near, and far.
- Count how many consecutive tosses and successful catches occur without a mistake.



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Example Tactical Questions for Ringo:

1. How do you create and maintain a rally with your opponents?
2. What does your body have to do in order to prepare to catch the ring in your court?

Layer Two → Play and Point

- Use the same grouping format as Layer One.
- Players now try to throw the ring over the net to a spot where they think it will be dropped or not touched at all.
- Whenever the whistle blows, players Freeze and point to a spot on the opponent's side where they think they can score.
- Look at where your students point. If the point is to an unclear location, ask clarifying questions to discover where they are pointing and why.
- For every 3 points scored, the opponents do 5 "disco points" (like John Travolta!) and then the score resets.
- **Top Tip:** Instead of pointing, give each student a bean bag to toss to an open area on the other court.

Example Tactical Questions for Ringo:

3. If the game is too easy for your team, how can you make it more challenging?
4. How do you need to adjust your position when receiving a ring thrown over your head?

Layer Three → Game Play Your Way

- Divide the class into doubles teams.
- Teammates work together to try to score a point by having the ring hit the floor before it is caught on the opposing side.
- To decrease the challenge, participants could:
 - Use a larger ring.
 - Use a shorter net.
- **To increase the challenge, participants could:**
 - Add a second ring.
 - Allow the ring to be passed from teammate to teammate, like in volleyball.
 - Increase the size of the court.

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Peteca (Brazil)

Layer One → Peteca Four Square

- Divide the class into small groups (with a minimum of 4 students per group) and assign each group a four square court. If courts are unavailable, use chalk, cones, or floor tape.
- The player in square A serves the birdie to the player in square D. From then on, players can choose any square to hit the birdie into.
- If a player in boxes A-C has a point scored in their square, they move to square D (or to the end of the line) and the other players advance. The goal is to be the player in square A when the music stops.

Layer Two → Partner Peteca Pin Down

- Divide the class into pairs. Each pair should be on one side of a tennis, badminton, or volleyball net (across from another pair). If nets are unavailable, use chalk, cones, or floor tape. **Top Tip:** Determine the height of your net based on your students' needs and skill levels.
- Each pair places three pins on their side of the net.
- The object of this layer is to hit the birdie over the net so it hits the other team's pins.
- Each pin that is hit equals 10 points. If all three pins get hit, the opposing team "wins" and the pins are reset.

Layer Three → Peteca

- Divide the class into pairs. Each pair should be on one side of a tennis, badminton, or volleyball net (across from another pair).
- Games can also be one-on-one.
- Opponents play ro-sham-bo (rock-paper-scissors) to determine the first server.
- Teams rally the birdie back and forth. A birdie that lands within the boundaries scores a point for the opposing team. Using rally scoring, games are played to 12 points.

Example Tactical Questions for Peteca:

1. What connections can you make between this game and other net/wall games?
2. How was your hand angled when you contacted the peteca successfully?
3. How can you position yourself to prevent the other team from scoring?
4. How do you decide on the amount of force to use when hitting the peteca so you can successfully score a point?
5. Where did you aim to score and what factors helped you make that decision?

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Sepak Takraw (Indonesia)

Layer One → Foot Four Square

- Divide the class into small groups (with a minimum of 4 students per group) and assign each group a four square court. **Top Tip:** If courts are unavailable, use chalk, cones, or floor tape.
- Using their feet, the player in square A serves the ball to the player in square D. From then on, players can choose any square to kick the ball into. Hands are not allowed, but players can use their feet, knees, chest, and head to play the ball.
- If a player in boxes A-C has a point scored in their square, they move to square D (or to the end of the line) and the other players advance. The goal is to be the player in square A when the music stops.

Layer Two → Foot Tennis

- Divide the class into doubles teams. Two teams work together to get a rally going by kicking the ball back and forth over a net with unlimited hits and bounces.

Layer Three → Modified Sepak Takraw

- Divide the class into doubles teams.
- Teammates work together to try to score a point by having the ball bounce more than once within the boundaries of the other side of the court before it is contacted and sent back over the net.
- A player puts the ball into play by kicking it over the net. The opposing team can allow the ball to bounce before kicking it back over.
- Teams can choose to pass the ball on their own side before sending the ball over the net.
- **To decrease the challenge, participants could:**
 - Toss the ball over the net to begin play instead of kicking it.
 - Play with unlimited hits.
 - Allow the ball to bounce twice before contacting it.
 - Change the type of ball being used.
 - Create a different scoring system.
 - Increase the number of players on each team.
- **To increase the challenge, participants could:**
 - Increase the height of the net.
 - Pass the object a set number of times on their own side before sending it back over the net.
 - Play with one bounce per side.
 - Play with no bounces.

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- Start with their back turned toward the net when receiving the ball and then turn around, on a signal, once the ball has been sent over the net.
- Serve with their nondominant foot.
- Create set plays or use a specific order of kicks/volleys, similar to the bump-set-spike pattern in volleyball.

Example Tactical Questions for Sepak Takraw:

1. Where are you aiming the ball so it is challenging for the opposing group to receive?
2. How might depth or angles be used for it to be challenging to return the ball?
3. Why was it important to communicate with your teammates during this activity?
4. When receiving the ball, how should you position your body?

Resource

[A Collection of World Games](#), a crowd-sourced document with over 120 world games

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