

STEPS

Balloon Volleyball

	Easier	Harder
S	» Ensure players are sitting side by side with feet touching	» Increase the distance between the teams
T	» As a group, try to have a rally by tapping the balloon as many times as possible	» Keep score, first to score 7 pts wins the game
E	» Introduce larger funfair style balloon	» Introduce 2 balloons
P	» Increase the number of players on each team	» Play in pairs, 2 v 2
S	» Use only balloons, which ensures a slower moving game	» Introduce range of different balls to increase speed/difficulty of the game

Impairment specific considerations:

Blind and partially sighted:

- » Use rice in a 'covered' balloon

Deaf and hard of hearing:

- » Stop the game to introduce new rules or to give teaching points

Physical Disability:

- » Players unable to transfer to the floor could position themselves at the end of their team row

Learning Disability:

- » Stop the game to introduce new rules or to give teaching points
- » Introduce new rules or teaching points one at a time