

AIR PONG

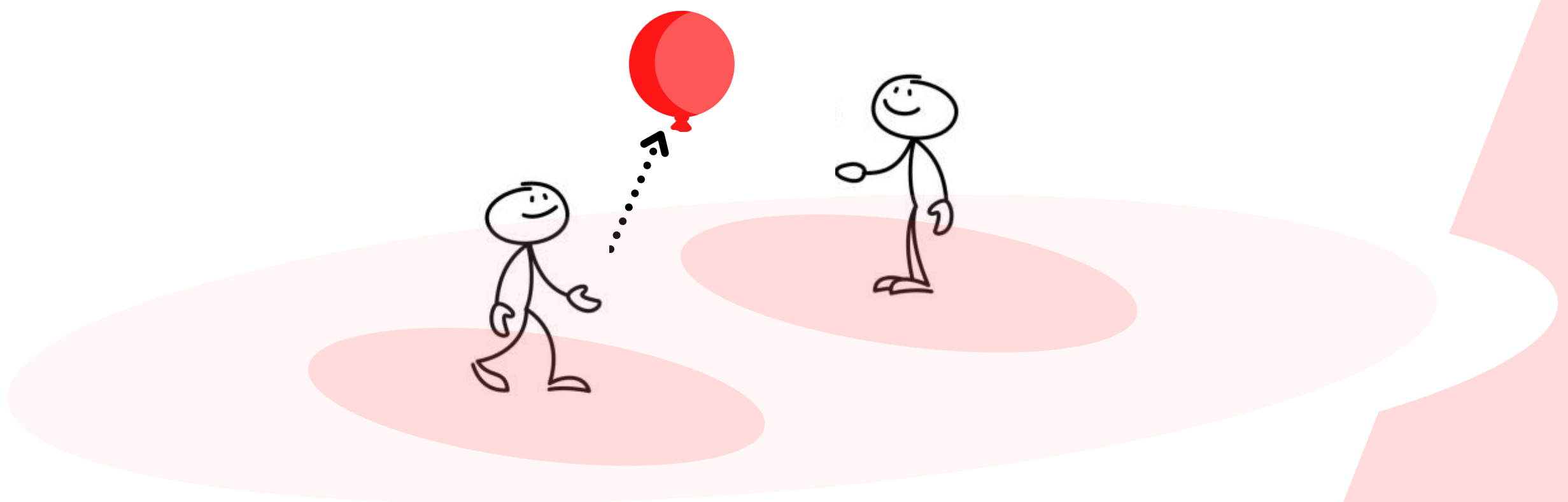
NET & WALL GAME

EQUIPMENT

- x2 Mats or 8 cones or chalk to mark the rectangles.
- x1 Balloon.

ACTIVITY

- Students play in pairs.
- Each student starts opposite each other, standing on a mat (or marked space) approximately 1m apart.
- The starting player serves (hits) the balloon towards their opponent.
- Opponent attempts to return the balloon and play continues.
- The player scores a point if the balloon touches the opponents mat or space, or your opponent hits the balloon out of bounds. (Out of bounds is the floor).
- The first player to reach required number of points e.g. to 5 or 7, or play for a set amount of time e.g. 4 minutes and then change opponent.



VARIATIONS

- Change the size of the playing.
- Change the size of the team.
- Increase the number of times a player is allowed to hit the balloon.