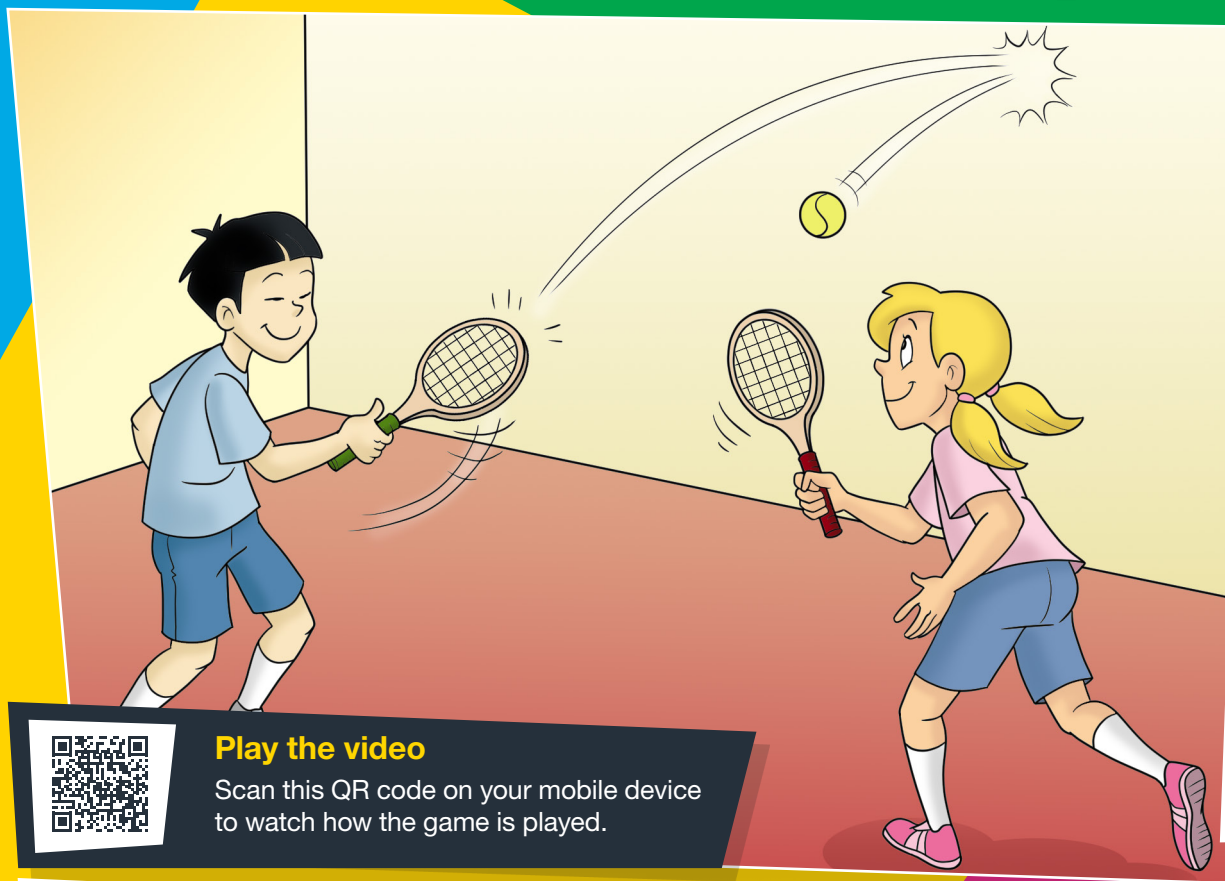


#Rebound

Achieve the challenge

The aim of the game is to keep the rally going by hitting the object against the target



Play the video

Scan this QR code on your mobile device to watch how the game is played.

Safety

- Make sure the surface you are playing against doesn't have any windows that could be broken.
- Is the surface safe to hit against?
- Make sure you mark out your playing area so that you don't bump into others walking past

Skill up

- Consider how hard you are hitting each shot. Could changing this work to your advantage?

How to play

1. Find a wall or suitable surface to play against
2. Play with a partner and strike your ball against the wall so that it lands in a designated area
3. Your opponent then attempts to strike the ball back against the wall to keep the rally going
4. You could be playing against your partner to try and make it harder for them to return, or you could be working together to see how many times you can keep the rally going

Equipment

Essential

- A wall or suitable surface to play against.
- Objects to strike against the wall e.g. tennis ball or shuttlecock

Optional

- Different sized rackets that are suitable to strike the object

Spirit of The Games



Teamwork:

How can working together help you increase your best score?



Respect:

Are you disturbing anyone by playing against the surface you have chosen?

Link it up

- This game helps you get better at games e.g. Badminton, Tennis, Table Tennis, Squash, polybat and Volleyball but it will also help with accuracy in sports like Rounders and Cricket

#Rebound

Roles for leaders and officials

- Keep score of the game and decide when the ball lands in and out of play
- Help return the ball back onto the field of play
- If anyone looks unhappy, find out how you can make it better

Including Everyone

- Objects could be pushed along a table to hit the wall
- Bigger objects may be easier to control
- Think about the size and weight of the object being used
- Does the object you are using make a sound to help players locate it?

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Increase the size of the surface
- T** Allow the object to bounce
- E** Play with a different object e.g. balloon/beach ball
- P** Play by yourself and see how many times you can keep the object up

HARDER

- S** S – Decrease the size of the target area on the surface
- T** T – Don't allow the object to bounce.
- E** E – Use different sized rackets to strike the ball.
- P** P – Play 2 vs 2

Change it up

- Create target areas on the wall which give different points
- Make a line on the wall for the object to hit above or below
- Change the amount of touches allowed per player between shots
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

Smiles Checker

It's important to make sure you can answer yes to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in**.