

MY ACTIVE CHALLENGE

私のアクティブ・チャレンジ | WATASHI NO AKUTIBU CHARENJI

I can play without equipment!

Sometimes, not having the right equipment for a sport stops us from being active. We think we can't take part because we don't have the equipment. Some physical activities don't need any special equipment. For example, most movement and dance activities don't need anything at all! However, we can also try some sports by practising without the usual equipment.

This challenge helps you to **be active** even if you do not have the right equipment. It is **inclusive**, because disabled and non-disabled people can play together. It is also a fun way to practise **skills and tactics**.

What do I need?

Nothing!

How long will it take?

10 minutes to try this activity

10 minutes to make up and try your own activity



Step 1: Warming up

Watch this video of sitting volleyball:

youtu.be/uXLSzwJoT4M

Sitting volleyball is a Paralympic sport played between two teams. The players must hit the ball over the net using their hands and all players must sit on the floor. (They must keep their bottoms on the floor.) Teams score a point if the other team cannot return the ball or if they hit it out of the court.



As well as controlling the ball, important skills in sitting volleyball include **moving** around the floor and **paying attention** to where the ball and players are. You can practise these skills by playing against one other player or in a group. You are going to do that by **playing without a ball!**

Step 2: Taking part

1. Start by sitting on the floor, opposite another player.
2. Pretend to hit a volleyball (using two hands held at shoulder height) to the left or right of your partner. Shout left or right to start with. Your partner moves as if they are returning the ball. Keep changing sides to keep them guessing! Have 10 goes each, then swap over.



Step 2: Taking part

3. Now try it without saying **left** or **right**. Your partner must watch your action to guess where the pretend ball is.
4. Add backwards and forwards. For backwards, pretend to hit the ball with one hand above your head. For forwards, pretend to hit the ball with two hands at waist height.
5. See if you can move **farther** and **faster** each time. If you are playing with a group of people, sit in a large circle and pretend to hit the ball to different players. (Start by shouting their name before just using actions.) Then play as opposite teams. Where is the pretend ball going? Which player must pretend to return it?



To help you do this activity, see the Tokyo Ten activity guide for "Where's the ball?": www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten

Step 3: Cooling down

How did using new equipment make you feel?



Aim to increase your effort level:



Feeling fine

Breathe faster

Hot and sweaty

Remember:

- You can practise the skills and tactics for a sport even if you can't take part in the sport itself.
- Practising skills and tactics helps you to improve your personal best.

In future:

Try your favourite sport without the equipment, e.g. football without the ball, table tennis without the bat, ball or table. Make up your own practices. See the Tokyo Ten activity guides to give you some ideas:

www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten