

Create a Game

Note: this particular example is good for net type games. Adaptations should be made to meet the needs of your students.

Things you must include:

- A serve must start the rally (if appropriate for this type of game)
- You must play over a designated area (net or other)
- Decide on boundaries (be considerate of any neighbors you may have)
- Create a point system.

Suggestions for a fun game:

- Different points for different shots
- Funny/odd-shaped court
- Must complete a certain sequence of shots practiced in class in order to score points
- Play the game on your knees
- Switch partners and/or sides during the rally (every 2-3 shots maybe?)
- Perform a certain activity before serving or after a shot (spin around quickly 5 times, sit down and get back up, or some other crazy activity!).

Be creative, laugh, challenge yourselves, and have fun!!



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	