

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Poland

School: Szkoła Podstawowa nr 368 im. "Polskich Olimpijczyków". (Warsow, Poland)

EXERCISE NAME

13. Shooter

Age band : 14-15

Materials:

volleyball ball

Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Speed skills development, Agility skills development

Initial organization:

one player (shooter) with ball, other

Description of the activity:

Student with the ball has to beat other students by hitting them with the ball. Every person who is hit supports the shooter and cooperates with them trying to hit others.

Rules:

Student with the ball can move only 3 steps before throwing the ball or passing the ball to their partner.

Variations:

Link to the video recorded:

<https://www.youtube.com/watch?v=vCZPpLeO2rQ>