



'Keepy Uppy' is a fun cooperative game that introduces basic volleyball skills.

What you need

- Any suitable indoor or outdoor playing space.
- Balloons, lightweight balls.
- Net or barrier.

How to play

- Players sit in a circle, close together on the floor, ground, or in chairs.
- Using fingers and hands only (no feet or legs), players must keep a balloon or slow-moving balloon ball off the ground.
- As the players skills develop, add more balloons; players must start to cooperate to keep them all afloat.
- Introduce simple technique; for example: 'Keep your palms up!'
- As players' skills and reactions improve, introduce different density or faster-moving balls.
- 'Keepy Uppy' leads into sitting or standing volleyball.



Think about

- Cooperating to keep the balloon in the air. Where should players direct the balloon to maximise everyone's participation?

Use the STEP model to modify this game

Space

- Divide the group into two equal teams who face each other.
- Begin to introduce a specific area in which to play; this can be marked using cones, discs or existing lines on the floor; continue to play cooperatively – no points.
- Introduce a barrier of some kind (this can be just a line on the ground initially); introduce some basic volleyball rules and play for points!

Task

Try some variations using just one balloon before adding more; for example:

- Try moving the balloon clockwise, then anti-clockwise;
Players use alternate hands each time they hit the balloon.
- Count the number of consecutive hits; or time how long the group can keep balloons in the air.

Equipment

Gradually increase the density and speed of the balls; for example:

- Balloon;
- Beach ball;
- Sponge ball;
- Lightweight volleyball.

People

- To keep everyone involved, make sure that groups are not too large.
- Some young people may not like to use balloons; use alternatives, such as a balloon ball (balloon with material cover).

Extension game 'ABC challenge'

- Agility – when players hit the balloon, they must move, by shuffling or sliding, to another position, or move in some alternative way.
- Balance – players try to play Keepy Uppy, and competitive variations, while keeping one leg off the floor.
- Coordination – players try to use a different hand each time, or must use a different part of the body to play the balloon for the previous player to hit the balloon.
- Think of your own ABC challenges!

Safety

- Don't hit the balloon/ball directly at another player.
- Be aware of other players when moving to play the balloon.

How to improve

- Play the balloon(s) with control; it's not about how hard you can hit it!

Integrity

- Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

Links

- For more information about volleyball and the 'Go Slide' programme, visit:
www.ntu.ac.uk/adapted_sports/games_development/games/polybat/