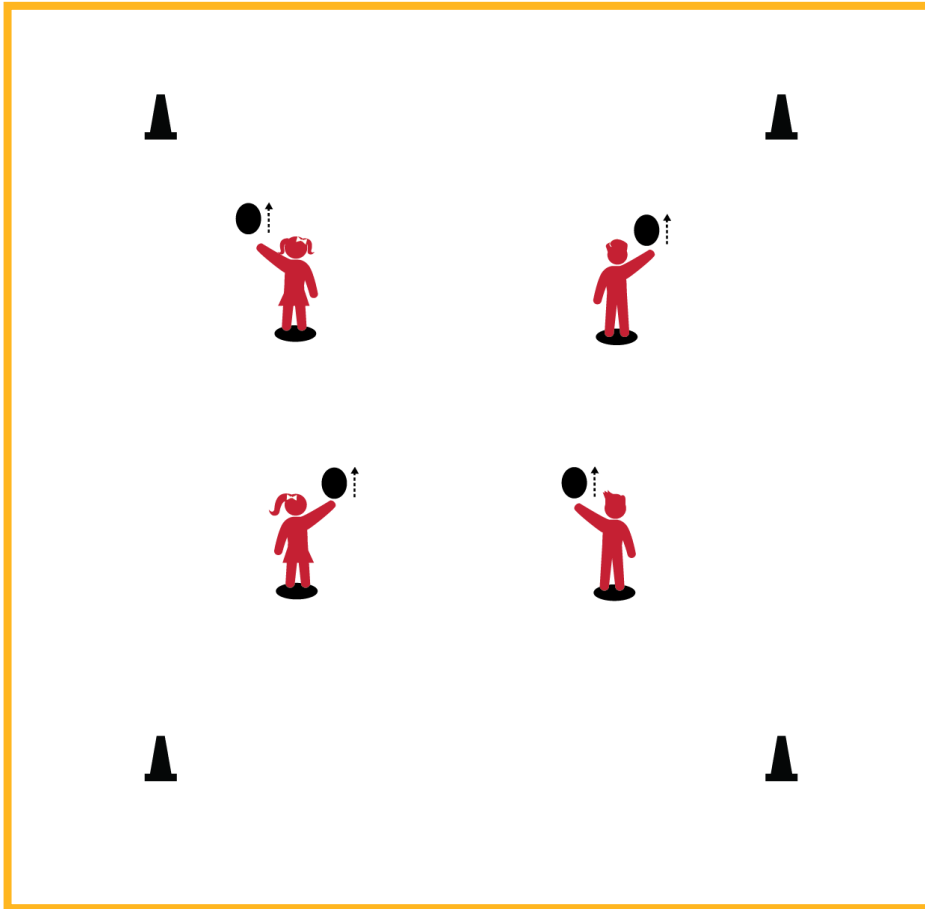


# KEEP IT UP

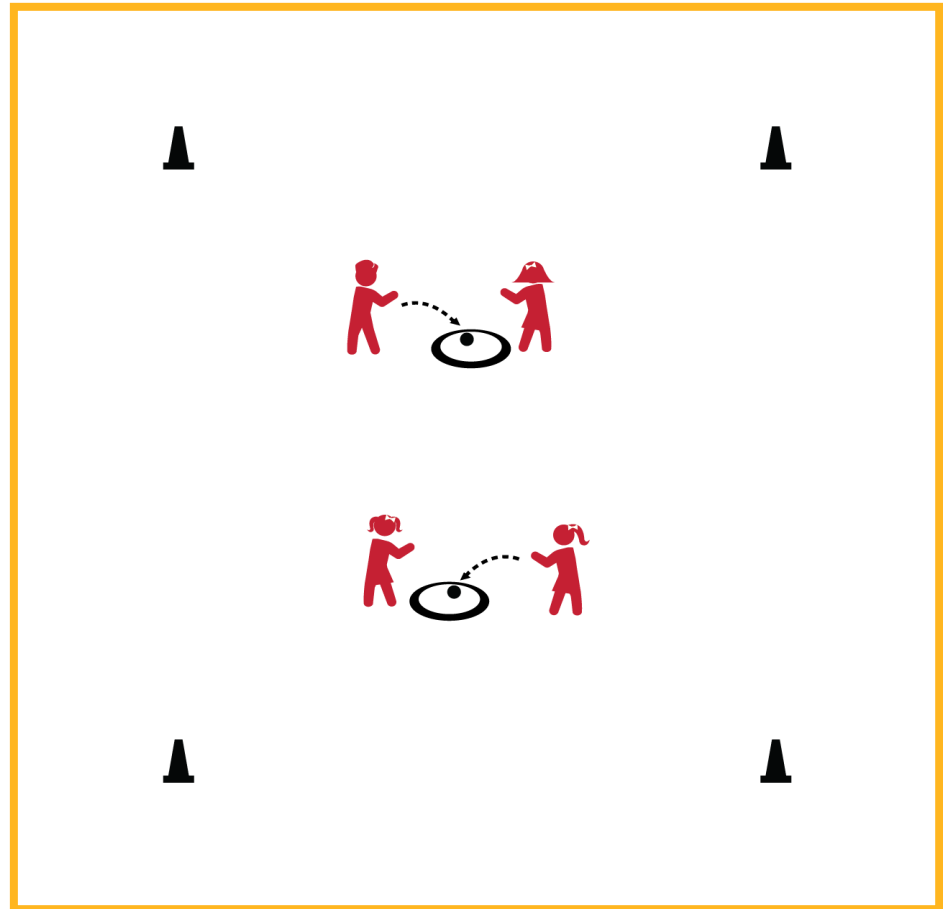


- 1.** Strike the balloon straight up with your palm.
- 2.** How many strikes can you make without the balloon hitting the floor?

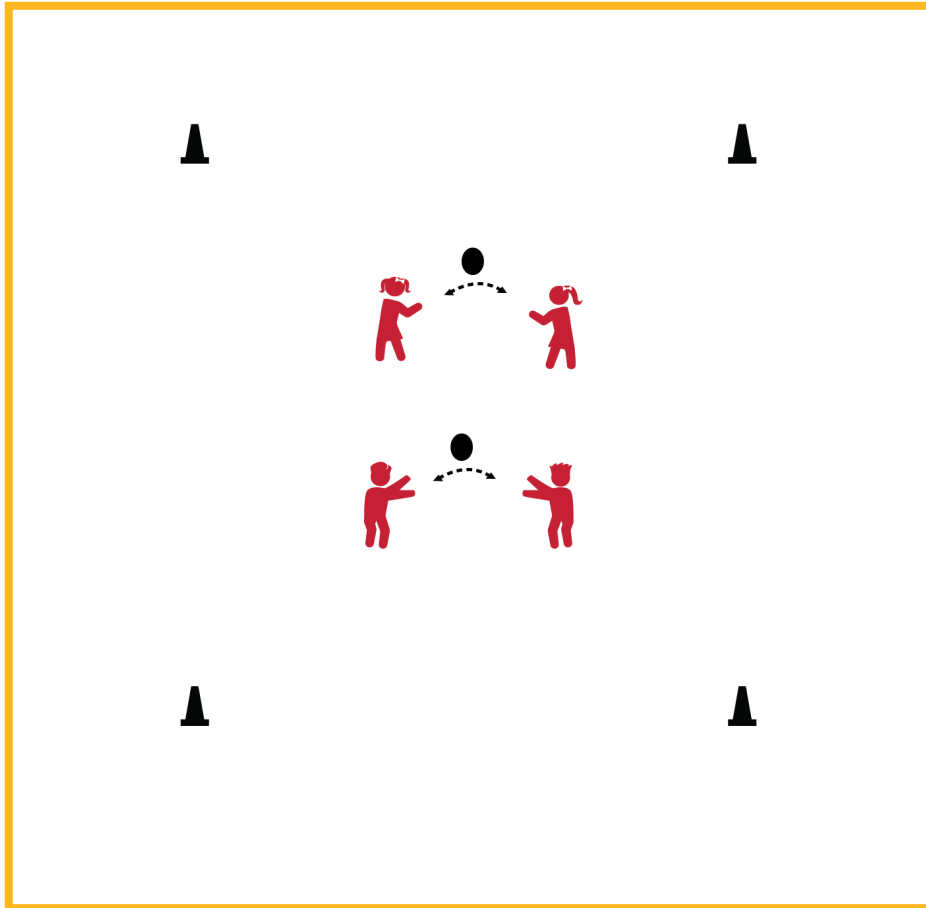


# BULL'S EYE

- 1.** Underhand serve the ball so that it lands in your hoop.
- 2.** Attempt 3 serves, then switch with your partner.



# AIR BALL

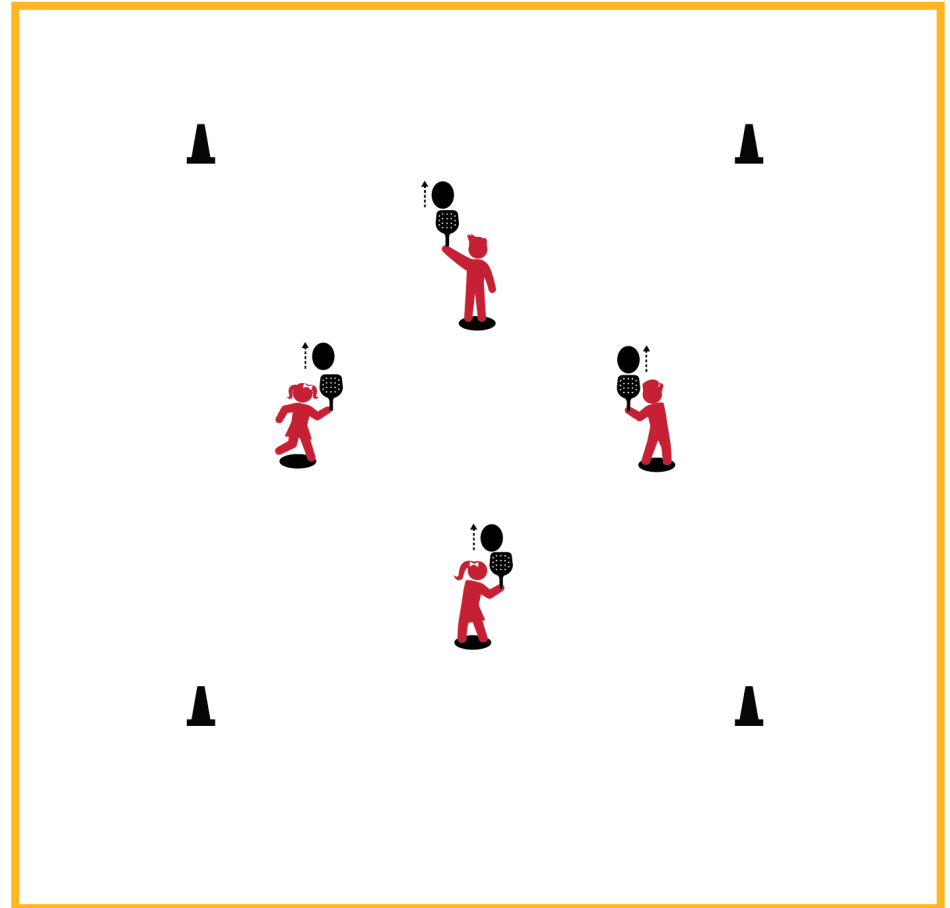


- 1.** Work with your partner to keep the balloon in the air as long as you can.
- 2.** If the ball hits the floor, pick it up and start again.



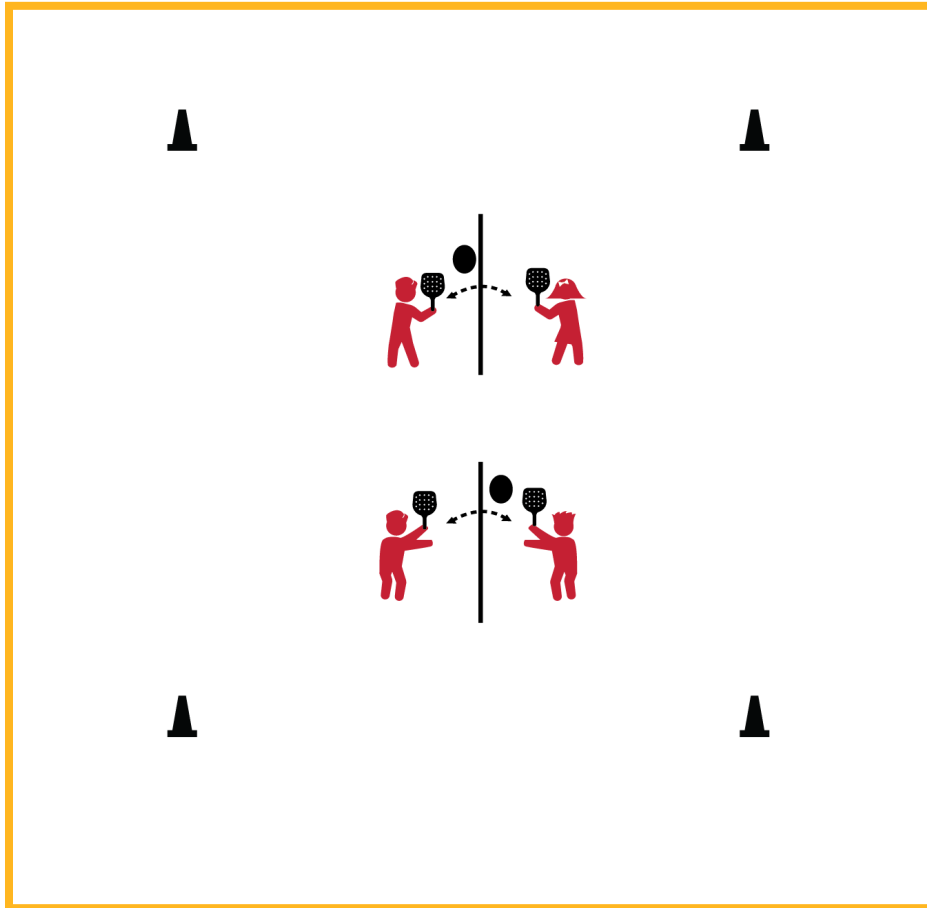
# PADDLE IT UP

1. Use a paddle to keep the balloon in the air.
2. How many hits can you make without letting the balloon hit the ground?



# NET BALL

w/paddle



- 1.** Work with your partner to send the balloon back and forth over the jump rope.
- 2.** Take turns starting play with an underhand serve.



# SELF-ASSESSMENT

1. Complete the Assessment for Volleying & Striking
2. When you're finished, see how many times you can keep the balloon in the air using a paddle.

