

Floor Pong

Summary

A fun variation of the table game of ping pong with equipment that is easily available.

Time Frame

1 class periods of 30 minutes each

Group Size

Large Groups

Materials

2 18" cones for net poles, 4 half-cones to mark the corners of the court, 1 long jump rope, 2 to 4 paddles and 1 ping pong ball (or other type of ball depending on ability level or equipment available) per game. See diagram.

Intended Learning Outcomes

Students will participate in a small group activity while demonstrating basic striking skills, movement skills, rules and scoring in a game like setting.

Instructional Procedures

Each "court" or game can be played with 2, 4, or 6 students depending on the size of your class and how many courts you can set up. Each student should have their own paddle, but only one ball per court.

The first server starts the game by dropping the ball to the ground, letting it bounce once, and hitting it across the net to their opponent's side. The opponent will then hit the ball back across the net. The ball may be volleyed, or it can bounce once or twice before being struck by the player. Play continues with each team striking the ball over the net until one team hits it out of bounds, hits the ball under the rope, or misses the ball.

The ball may touch the rope when crossing over to the opponent's side. The other team must try to play the ball, provided it landed inbounds after touching the net or rope.

Only one player may contact the ball on a side.

Use rally scoring, i.e. each serve scores a point. The team that doesn't miss the shot scores the point.

The server continues to serve until their team misses the shot, or makes a mistake. Service then rotates to their opponent.

Strategies for Diverse Learners

Use balloons or beach balls and lighter or bigger paddles for adaptive learners and let them contact the ball as many times as they need to in order to get it over the rope.

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