

A-Z School Games Challenge

V – Volleyball

Challenge – Keepie Uppie

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the **#StayInWorkout** and tag **@SSolihullSSP**

Primary intra-school/Level 1 resource: **PRIMARY CHALLENGE CARD 1**

VOLLEYBALL – KEEPIE UPPIE

SCHOOL GAMES

Challenge:


- Count how many passes you can make before the ball/balloon lands on the floor
- If you don't have a net, the ball must travel above head-height to count

Challenge adaptations:

- Between each pass, you can; clap your hands, touch the floor, sit down and stand up, turn around...invent your own ideas!
- Count how many passes you can make in 30 seconds, and then 60 seconds
- Increase (harder) or decrease (easier) the distance between the players
- Play the game sitting down
- Play the game with one hand only

If you're playing alone:

- Count how many times you can hit the ball/balloon up in the air before it touches the floor



Let's Play Volleyball

Did you know:

William G. Morgan created volleyball in 1895 to be played indoors, and originally called it 'Mintonette' - a cross between badminton, handball and tennis.

Volleyball was introduced as to the Olympics in 1964 (Tokyo), and beach volleyball - a variation of the game played on sand - was added to the Olympics in 1996 (Atlanta).

A one-handed block in volleyball is referred to as a **Kong**, named after King Kong and the way he swatted planes from the top of the Empire State Building in New York in his movies.

There are **6 positions** on a team: the setter, server, blocker, spiker, passer, and the digger.



The longest volleyball game on record lasted **75 hours and 30 minutes**.

The **fastest serve** was clocked at 81.84 mph (132 kph).

Most volleyball players jump around **300 times** in a match.

If you have enjoyed this challenge and would like you get involved in a local Volleyball club, click here:

<http://www.volleyballengland.org/getintovolleyball/play>

FOLLOW, RETWEET, GET INVOLVED!