

VOLLEYBALL



KEY INFORMATION

AGE GROUP:	Year 10 or below
GENDER SPECIFICATIONS:	1 x Girls Team & 1 x Boys Team
NUMBER IN A TEAM:	6

DESCRIPTION

There will be 5 tasks / skills to complete as part of this challenge. Please record the score for each activity on the score sheet and the top 6 scoring children who meet the age and gender specifications will form the 'team' whose results you will need to submit for the School Games virtual volleyball competition.

Please complete and submit your monitoring sheet to your local School Games Organiser.



CHESHIRE & WARRINGTON
VIRTUAL SCHOOL GAMES



TASK #1: KEEPIE UPS (CELEBRATE SEN!)

HOW TO PLAY

Each person to take a ball or balloon.

Can you keep the balloon / ball moving whilst keeping it from touching the floor.

Which parts of the upper body can you use? Include hands, arms, shoulders and even their heads. (Feet can be used in the full game however try and discourage this for now).

Remember to stay on the balls of your feet and move with the ball .

Keep your head up and watch where you are going as you move around the designated space (see YouTube video [here](#)).

SCORING:

How many Keepie Ups can you do in one minute?

DIFFERENTIATION:

Reduce the time span for the less able students.

Team game how many passes can a group of 2-4 make within the time frame without the ball hitting the floor?.



EQUIPMENT

Squish Volleyballs

Soft Touch Volleyballs

Indoor or Outdoor Volleyballs

Large balloons or beachballs

Other soft size 3-4 balls (such as dodgeballs)



TASK #2: VOLLEYING THE BALL

HOW TO PLAY

Ball per person

Take the ball in two hands above the forehead, fingers spread around the ball and create a diamond between both thumbs and index or fore fingers.

Push the ball in the air and then catch the ball above your forehead. Can you quicken the pushes in the air so it becomes one fluid movement (click [here](#) for YouTube video)

Keep on the balls of your feet so you can move into position to keep the ball moving at all times.

SCORING:

How many volley's can you do in a minute? If the ball hits the floor then you must start from zero again.

DIFFERENTIATION:

To make it easier allow the ball to hit the floor then volley the ball back in the air.

To make it harder can you clap or touch the floor before you need to volley the ball again.

For exceptional students can they continue to volley the ball whilst kneeling, sitting and or lying down on their back? .



EQUIPMENT

Squish Volleyballs

Soft Touch Volleyballs

Indoor or Outdoor Volleyballs

Large balloons or beachballs

Other soft size 3-4 balls (such as dodgeballs)



TASK #8: BUMP AGAINST THE WALL

HOW TO PLAY

Clasp one hand over the other with both thumbs together pointing away from the body, making sure the arms are straight and together. The forearms should become a flat platform where you are going to dig the ball against the wall. (See YouTube video [here](#).)

Stand 2-4 m away from the wall & throw the ball against the wall, bring both hands and arms together to form the flat platform and track the ball as it rebounds off the wall.

Feet are staggered so you can move in different directions to get in position to dig the ball, bend at the knees.

As the ball makes contact with your forearms stand up and move slightly forward and you should propel the ball up and against the wall, keep on repeating until the ball hits the floor.

SCORING:

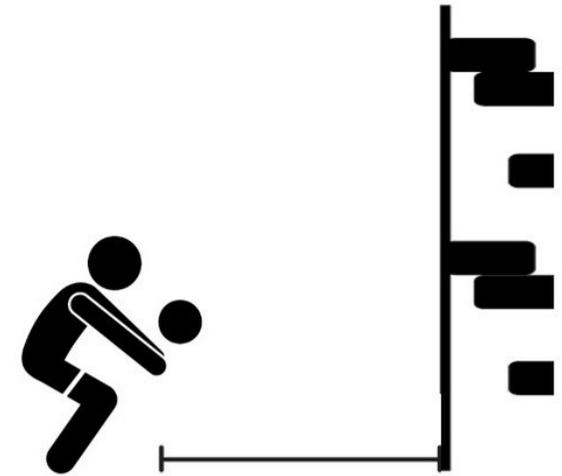
How many digs can you do in 45 seconds? If the ball hits the floor you must restart from zero (unless you are allowing a bounce between each dig).

DIFFERENTIATION:

Allow a bounce between digs to make it easier.

Partner work, get your partner to throw the ball in different directions and at different levels, move to the ball and dig back to partner.

Change starting position from standing to sitting or lying down on your front or back.



EQUIPMENT

Squish Volleyballs

Soft Touch Volleyballs

Indoor or Outdoor Volleyballs

Large balloons or beachballs

Other soft size 3-4 balls (such as dodgeballs)

A wall



TASK #4: SERVICE!!

HOW TO PLAY

Stand 3-4 metres away from the wall, hold a ball in front of your body in your non dominate hand.

As you step forwards with your non dominate foot, swing your dominate hand underarm and strike the ball through the lower centre part of the ball so that it travels upwards with force towards the wall.

Stop the ball after it rebounds on the wall and start again.

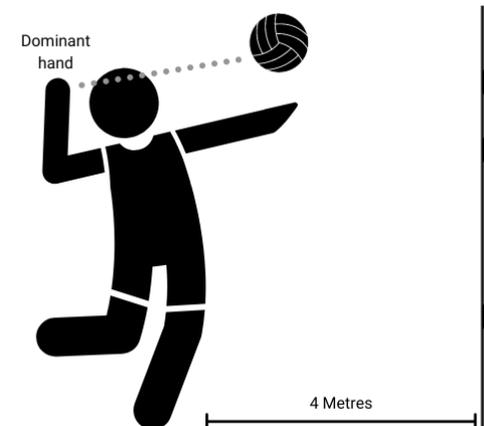
Once you feel comfortable with the underarm service action set out the following for this challenge

Have a service line where you start from and 5 metres away place some hoops or targets to aim at.

Practice your aiming by serving at the targets on the floor, if the ball knocks the target over or the ball lands in the hoop then the participant gets 5 points.

SCORING:

How many points can you score in 1 minute?



EQUIPMENT

Squish Volleyballs

Soft Touch Volleyballs

Indoor or Outdoor Volleyballs

Large balloons or beachballs

Other soft size 3-4 balls (such as dodgeballs)

A wall



TASK #5: WALLIE

HOW TO PLAY

The object is to bring all the skills learned together in one challenge.

Stand 3-5 metres away from a high wall with a ball in you non dominate hand.

You are going to serve the ball against the wall then on the rebound dig or volley the ball against the wall until the ball hits the floor.

Once the ball hits the floor start off with a serve again and repeat the process for a total of 1 minute. (watch YouTube Video [here](#))

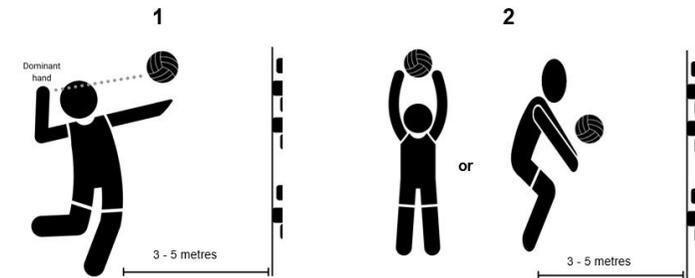
SCORING:

Count how many times you serve, then continuously dig and volley the ball against the wall in the time frame.

DIFFERENTIATION:

To make it easier you can allow a bounce before the participant digs or volleys the ball.

To make it harder after you have served against the wall then alternate between a dig and volley until the ball hits the floor.



EQUIPMENT

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Soft Touch Volleyballs

Indoor or Outdoor Volleyballs

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A wall



INCLUSIVE

- Increase or decrease the distance between the wall or targets dependant on the level of the participant
- Balloons can be used to make it easier, bright large balls/beach balls or balls with bells in them can be used to help visually impaired students.
- Targets on the floor can be increased or decreased in size to make it easier or harder for students.
- Digging, volleying and serving the ball can be done from a seated position as evidenced by the seated volleyball game.
- Allowing a bounce between a touch can slow the game down for beginners

RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

SPIRIT OF THE GAMES VALUES

DETERMINATION

If you struggle to complete the tasks, don't give up, keep going until you complete them



HONESTY

Remember to score yourselves honestly when taking part in the challenges



TEAMWORK

Volleyball is a game that requires players to communicate and play as team to ensure the ball is played back over the net with 3 touches



SCORE SHEET

PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4	TASK 5	TOTAL SCORE

DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their first competition	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers helping out	Number of teachers involved

