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 @ThinkActiveCSW

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
Did you know:

William G. Morgan created volleyball in 1985 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

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