

VOLLEYBALL: HOT POTATO

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

ACHIEVE THE CHALLENGE:

The aim of the challenge is to hit the ball into the air as many times as you can whilst keeping the ball off the floor by using different parts of your body

HOW TO PLAY:

1. Make sure you have plenty of space around you
2. Throw the ball up in the air
3. Hit the ball with your hands / feet / head, keeping it in the air for as many touches as possible

EQUIPMENT

- A round ball e.g. volleyball, netball, beach ball, football etc
- Use a balloon to make it easier
- Timer e.g. stop watch, phone, clock

ADAPTATIONS FOR AGE / ABILITY

- Use a larger soft ball or smaller ball
- Let the ball bounce between each hit if you need to make it a little easier
- Use a balloon instead of a ball so there is more time inbetween each hit



PLAY THE VIDEO

Watch how the game is played [here!](#)

SAFETY

Ensure the area is safe and clear.

If someone is helping you, make sure they are clear of the area before you start the game

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SCORING

- Your score is the total amount of hits before the ball touches the ground in a maximum of 2 minutes

TIPS

- Try not to hit the ball too high each time
- Move your feet to the ball rather than reaching to get it

BONUS POINTS:

Bonus points can be achieved by tagging us on Facebook @CornwallSchoolGames with any of the following:

- 1 point for a photo of you completing challenge
- 1 point for every family member and year group teacher who tries the challenge in the photo
- 1 point for completing it in fancy dress
- 1 point for posting a video telling us how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Don't forget to include your name, school & year group in your posts so we know who you are!

 FOLLOW US ON
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