

VOLLEYBALL: FLICK & CATCH

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

ACHIEVE THE CHALLENGE:

The aim of the challenge is to get as many continuous balls over your head and catch in 1 minute

HOW TO PLAY:

1. Start by holding the ball behind your back with two hands
2. Toss the ball up and over your head so it falls in front of you
3. Anticipate the ball falling and catch it in front of you

EQUIPMENT

- A ball
- If you don't have a ball, use rolled up socks, a teddy bear or a piece of round fruit like an apple or orange!
- A timer, stopwatch or clock

ADAPTATIONS FOR AGE / ABILITY

- Bigger or smaller ball.
- Bounce the ball before catching.



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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TIPS

- As you release the ball, bend forward slightly to give it room to get passed your head
- Flick your fingers as you release the ball to make sure it drops in front of you

SCORING

- Your score is the total amount of catches you make in 1 minute

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!



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