

# 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 for any of the following and should be added to your total points and submitted through the results sheet:

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



Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games



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