

# VOLLEYBALL: THE SERVE

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

## ACHIEVE THE CHALLENGE:

The aim of the challenge is to serve a ball into a designated area in 2 minutes

## HOW TO PLAY:

1. Identify an area that is 3 x 3 large steps. Mark it out with whatever you have to hand e.g. clothing, cushions, washing pegs etc
2. Stand approx. 3 large steps away from the target area
3. From standing, throw the ball up and hit it with the palm of your hand aiming for the marked out area
4. Retrieve the ball and go back to the serve position. You have two minutes to serve into the area as many times as possible

## EQUIPMENT

- A round ball e.g. volleyball, netball, beach ball, football etc
- No ball? Use a teddy or some socks rolled into a tight ball
- Anything to mark out an area e.g. clothes pegs, clothing, household items such as bottles, bags, boxes etc
- Timer e.g. stop watch, phone, clock



## PLAY THE VIDEO

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

## ADAPTATIONS FOR AGE / ABILITY

- Stand closer or further away from the targets
- Make the targets larger / smaller
- Use a softer / larger ball
- Use an under arm serve to make it easier
- Use an over arm serve to make it harder

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## SAFETY

Ensure playing area is safe and clear.

If you are substituting equipment for household items, do not use anything with sharp edged that could cause injury. Ask your parent/carer permission

## SCORING

- Your score is the total amount of serves you make that land in the marked out area in 2 minutes

## 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!

## TIPS

- Don't hit the ball too hard!
- Try to use the base of the palm of your hand to strike the ball



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