

#StayInWorkOut

Sitting volleyball



Primary and secondary challenge card

Suitable for those with special educational needs and disability (SEND)

Create a small barrier this can be made from tins of food, toilet paper rolls or chairs. Grab a ball and see if you can hit the ball over the barrier using any body part. Your opponent should try to hit the ball back straight away- no catching the ball allowed! If the ball touches the ground on your side, the players on the opposite side get the point.

STEP

Ideas on how to adapt the activity in a national lockdown.



Space

- In the garden or in any open space such as the
- living room (make sure it is a light ball for inside, and there are no hazardous objects around)
- Make the area bigger if it is too easy to keep the ball up
- Why not change the height of the barrier to make it harder/easier



Task

- The activity can be done standing up or sitting down
- How many times you can knock it over the barrier between yourselves? Test your teamwork!
- Allow a bounce on each side if easier



Time

- See if you can keep a rally going for 30 seconds



Equipment

- To make the activity easier try a balloon as it will fall slower
- If you are finding it easy, try a slightly heavier ball or a smaller ball
- Why not add in multiple balls at once?



People

- Add in more people from your household, can you work as a team on each side?



www.sense.org.uk

www.yourschoolgames.com

