



SPAR Lancashire School Games

Stay at Home Heroes Challenge - Volleyball

Challenge yourself, and your friends, to see who can gain the most points in our Volleyball Challenge 'Bottoms Up'.

You will need: A balloon or ball

How to;

With a balloon or a ball, how many times can you sit down and stand up whilst keeping the balloon or ball in the air in 60 seconds? Your bum must touch the floor for one point and you must be fully standing for one point. Remember you can use any part of your body to keep the ball in the air, even your head! Should you lose control of the balloon/ball then start again from a standing position but this will not count as a point, but be quick because the clock will still be running!

Video Demonstration

KS1 = Balloon

KS2 = Beach Ball (If you've not got one then just a ball)

KS3/4 = Ball

To make it;

- Easier – Add more air to your balloon or beach ball. KS3/4 Use a larger ball.
- Harder – Only use hands rather than any body part
- Inclusive – try it seated and try to touch the floor with either of your hands whilst the ball is in the air. How many times can you touch the floor?

Have a go at our Volleyball challenges by **15th June (please note some areas will have their own deadline, contact your School Games Organiser for details)** and post your attempts on social media use the hash tags when posting on any social media; **#LancsGames20** and **#VolleyballChallenge** and state your name, district and the school you are from.

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your [School Games Organiser contact details](#).

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.