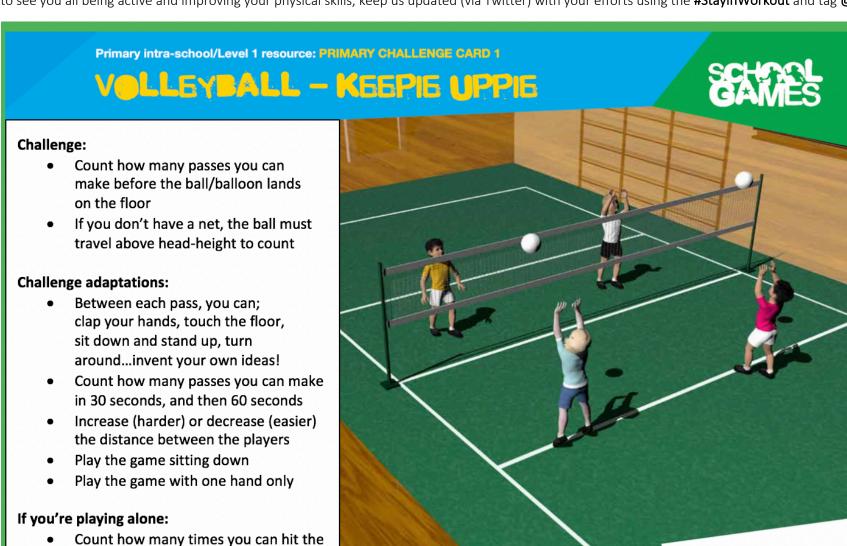


## A-Z School Games Challenge

## V – Volleyball

## Challenge – Keepie Uppie

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @SolihullNorth



ball/balloon up in the air before it

touches the floor





## Did you know:

William G. Morgan created volleyball in 1985 to be played indoors, and originally called it 'Mintonette' - a cross between badminton, handball and tennis.

Volleyball was introduced as to the Olympics in 1964 (Tokyo), and beach volleyball - a variation of the game played on sand - was added to the Olympics in 1996 (Atlanta).

A one-handed block in volleyball is referred to as a **Kong**, named after King Kong and the way he swatted planes from the top of the Empire State Building in New York in his movies.

There are 6 positions on a team: the setter, server, blocker, spiker, passer, and the digger.









The longest volleyball game on record lasted **75 hours and 30 minutes.**The **fastest serve** was clocked at 81.84 mph (132 kph).

Most volleyball players jump around **300 times** in a match.

If you have enjoyed this challenge and would like you get involved in a local Volleyball club, click here: <a href="http://www.volleyballengland.org/getintovolleyball/play">http://www.volleyballengland.org/getintovolleyball/play</a>

