



#stayhomestayactive

@PEatHome1

EXPLORE

In sitting volleyball, you move about in a sitting position on the floor.



Bright ideas:

Sit on your bottom and have a go at moving across the floor in the following ways:

- Moving forwards
- Moving backwards
- Moving sideways
- Moving diagonally
- Moving in a straight line
- Moving in a zig zag

Now can you try moving without using your hands to help you?



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Where can I find out more about sitting volleyball?

<https://www.visionsportsacademy.com/>
http://www.volleyballengland.org/getintovolleyball/sitting_volleyball_centres

PRACTICE

You will need a balloon, or a beach ball. A screwed up piece of paper will do if you don't have these.

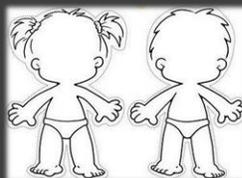
Sit on your bottom and see if you can hit the balloon up into the air and keep hitting it up without it landing on the floor.



Count out loud. How many times can you hit the balloon up?

You might need to move about on your bottom to reach the balloon.

Physical Development – Health and Self Care



Talk about how your body feels when you are exercising.

Can you draw a picture of yourself ready to do some exercise? What might you be wearing?



Make sure you have enough room to complete the tasks.

DEVELOP



You will need a ball or a pair of rolled up socks.

Sit on your bottom again. Can you throw the ball up into the air from your sitting position and catch it again in your lap?

Now ask someone to help you. Try throwing your ball from your sitting position to someone in your family.

Try it with them sitting close to you and then ask them to move further away. Can you still throw it to them accurately?



Mathematics – Shape, Space and Measure

Morteza Mehrzad plays sitting volleyball and is the tallest Paralympian ever, at 2.46 m tall.

Who is the tallest person in your family? Can you get your family to stand in a line from tallest to shortest?

Choose 3 toys and line them up from tallest to shortest too.



Parent's Tip!

Your child could try the throwing activities sitting on their knees if they find it difficult. Encourage your child to look at the balloon or ball when completing the activities.



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EXPLORE

In sitting volleyball, you move about in a sitting position on the floor.

Play inside on a carpet or outside on a soft area.

Bright ideas:

You will need a balloon or a soft ball.

Sit on your bottom and try to keep the balloon up in the air using different body parts. You can move around on your bottom but you cannot stand up.

- Can you keep the balloon up in the air without it touching the floor?
- Can you use just your head?
- Can you use just your feet?
- Can you use left hand then right hand ten times?
- Can you use left hand, right hand, left foot, right foot?

Can you challenge a family member to beat your best score?



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PRACTICE

You will need your ball or socks and a target such as a bin or hoop.

Try throwing from a seated position or from your knees if that is a little too tricky.

Try to aim the ball into the target by placing the ball on the fingertips of both hands and pushing it forward.

As you get more confident start with the ball higher up before you throw, ideally in front of your forehead.

**Art & Design Challenge!**

Paper Mache is a fantastic way of recycling old junk mail, paper or newspaper and making special objects.



You will need:-

- A balloon or thin beach ball
- Glue or flour and water to make paste
- Your paper torn in to 5/6cm strips

Make sure you have somewhere to work that you can be a bit messy! Dip a strip of paper in to the glue and smooth on to your round object. Keep covering and overlapping until your whole object has about 3 or 4 layers.

Allow to dry for a couple of days before popping the inner with a needle (ensure an adult does this.)

Once you have your round object can you decorate it to look like a volleyball?



Make sure you have enough room to complete the tasks.

DEVELOP

You will need your ball, target and a net (this could be a chair or clothes rack.)

Sit on your bottom again. Can you aim your ball over the net and get it to land on or near the target?

Now ask someone to play against you.

- Can you aim the ball over your net and in to the hands of your family member on the other side?
- Can you ask them to do the same back to you and see if you can catch it?
- As you get more confident, both of you can start to move backwards.

**Science Challenge!**

Forces

When we throw the ball up in the air in sitting volleyball, what happens?

Why does the ball not just keep going up forever?

GRAVITY is the force that pulls things to the ground on Earth. Without Earth's gravity we would fly right off our planet!

What else can you find out about gravity? Your research could include:- Which Scientist discovered gravity and whether other planets have gravity?

**Parent's Tip!**

These activities are all excellent for your child to develop coordination.

When aiming the ball over the net at the target, encourage them to start with the ball high up and with both hands under the ball to help with accuracy.

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EXPLORE



You will need a ball or balloon. Screwed up paper or rolled up socks will work too. Practise the two sitting volleyball 'ready positions' below. Can you try these movement and ball control activities sitting in these positions?

Bright ideas:

- Practise moving forwards, backwards and sideways.
- Pass the ball round your body one way and then the other.
- Throw and catch the ball high in the air.



'Crab Walk Ready Position'
Used for defence, overhead passing and sideways movement.
Sit with both legs out in front.

'Hurdles Ready Position'
Used for attacking, serving and front and back movement.
Sit with one leg bent in front and one leg bent behind.



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PRACTICE

You will need your ball/balloon/socks again.

Try throwing the ball a little to the side or in front of you, and try moving on your bottom to catch it.



Now try throwing it high and catching it with your hands high just in front of your forehead – 'thumbs in'



Geography Challenge

Men's sitting volleyball was first introduced in the 1980 Paralympic Games held in Moscow.
Moscow is the capital city of Russia.

Can you locate Russia and the capital city Moscow on a world map?



Find out 10 facts about Moscow. Compare those facts with your home city/town/village.

What is the same? What is different?



Make sure you have enough room to complete the tasks.

DEVELOP

'Setting' is when a player pushes the ball up high with both hands so that a team mate can play a 'spike' shot over the net.



Sit in the 'crab walk' ready position.

- Have your hands in the 'hands high' position and push the ball up by straightening your arms upwards. This is 'setting'.
- Now try throwing the ball up to feed it to yourself and then 'set' the ball ready for a team mate.



Ask someone to help you by throwing the ball high to you and then 'set' the ball again. Use these videos to help you to improve.

<https://www.youtube.com/watch?v=N37hgalgmGs>
<https://www.youtube.com/watch?v=RVzXlySTL-Y>

History Challenge!

Women's sitting volleyball was first introduced in the 2004 Paralympic Games held in Athens.
Athens is the capital city of Greece.
The Ancient Greeks were the founders of the Olympic Games.

What can you find out about the Ancient Olympic Games and the Modern Olympic Games?

Compare the two and think about how the Ancient Olympic Games has influenced sport in modern times.



ATHENS 2004



Parent's Tip!

Use these Top Tips to help your child improve their technique:

- * Hands high and 'thumbs in' above your forehead.
- * Make contact with the ball just in front of forehead.
- * Pads of fingers make contact with the ball.
- * Extend the arms on contact with the ball.

KS2



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EXPLORE



Spiking in sitting volleyball occurs when you hit the ball downwards to win a point.

Find a soft ball, a balloon or an object that you can hit with your hand.

How many different parts of your hand can you use to keep the ball in the air?

Bright ideas:

- Use the palm of your hand
- Use the back of your hand
- Use the side of your hand
- Use your finger tips
- Use the heel of your hand



Can you use the different parts of your hand to hit the ball down towards the floor?

Now use the palm of your hand to hit the ball downwards. Watch the video below to see how the professionals do it!

https://www.youtube.com/watch?v=5p_R6iYH9Fw

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PRACTICE

Sit facing 4 areas which are set out as in the diagram below.



Hold the ball above your head or get someone in your family to hold the ball.



Try to hit the ball with the palm of your hand into the areas.

How many points can you score with 10 hits?

English Challenge!

Sitting Volleyball was invented in the Netherlands as a method of rehabilitation for injured soldiers from World War Two.



Anne Frank was a Dutch girl who wrote "*The Diary of a Young Girl*" about her experiences of hiding from the German soldiers during the war.

- What tense is a diary extract usually written in?
- How does a distinct idiolect give the reader a sense of who the diarist was?

Can you create a diary extract for something that has happened to you recently?

Geography Challenge

Iran are the current World Champions in men's sitting volleyball and have won more gold medals than any other nation.



Iran is the 4th largest oil producer in the world according to OPEC.

- What does OPEC stand for?
- What are the advantages of fossil fuels like oil?
- What are the disadvantages of fossil fuels?
- Can you name some renewable forms of energy and say why there are advantages and disadvantages to their use?



Make sure you have enough room to complete the tasks.

DEVELOP



Get a member of your family to help you with this activity. They will need to throw the ball up to you. Can you spike the ball, balloon or object past a line?

Can you start a game with another member of your family?

Use an underarm throw to start the rally. Catch the ball and hold it above your head. Spike the ball downwards so that the other person catches the ball. How many catches can you get in one minute?

Can you now try to win a point? If your family member catches the ball from a spike, carry on the rally. If it hits the floor, you win a point. Who can be the first to 11 points?



Parent's Tip!

For visually impaired pupils, try clapping near the targets to give the young person an idea where to hit the ball. Use a bright ball that can be easily seen.



KS3



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EXPLORE



Serving is the way you begin a rally in sitting volleyball.

Find a soft ball, a balloon or an object that you can hit with your hand.

Hold the ball to the side of your body or put it on a tee – a toilet roll would be good to use.

Hit underneath the ball against a wall. Which part of the hand gives you the most power?

Bright ideas

- Can you start with the ball in the palm of your hand and throw the ball underarm so it bounces off the wall?

Underarm Serve

- Can you hit different points on the wall?
- Can you make your underarm serve as powerful as possible?
- How can you move your body to hit the ball at different angles?

Overarm Serve



- Can you repeat the practice above with an overarm serve?
- Hold the ball in front of you or get a family member to hold it for you.

- Can you hit the ball towards the wall with the heel of your hand?

- Can you throw the ball up slightly and hit it when it is in the air?



PRACTICE

For this challenge, you will need a family member to help you.



They should stand a safe distance away from you.

Use an underarm or an overarm serve. How many times can you serve the ball to your family member in one minute?



Remember:

Use a tee if this helps or get a family member to clap so you know where to direct your serve!



Art Challenge!



The Netherlands have won more world championship gold medals in women's sitting volleyball than any other nation.

Vincent Van Gogh was a Dutch impressionist painter.

- Can you name 3 other impressionist painters?
- How did Van Gogh apply paint to make his artwork more expressive?
- What does the term "*impasto*" mean? How did Van Gogh use this in his paintings?

History Challenge

Many soldiers injured in World War Two played sitting volleyball as a way to recover from their injuries.



Adolf Hitler used German soldiers to control the German people and keep his party in power.

- What other methods did Hitler use to control the German people?
- How did Hitler control film, music, theatre and art?
- What was the purpose of the *Ministry of Enlightenment and Propaganda* led by Joseph Goebbels?

DEVELOP



Can you use a throw, underarm or overarm serve in a game?

Draw a line down the centre of your playing area or use some markers.

Find a family member to help. They need to be on the opposite side of the line facing you.

Start by using one of the serves you have practised. If your family member catches the ball, you get one point. They will then serve the ball back to you. If you catch it you score a point.

Can you score 11 points without the ball hitting the floor?



Parent's Tip!

You could use a ball that is tactile. This helps with holding the ball to begin the serve. Decrease the distance that the catcher stands away from the server to make the skill less challenging.

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KS4