



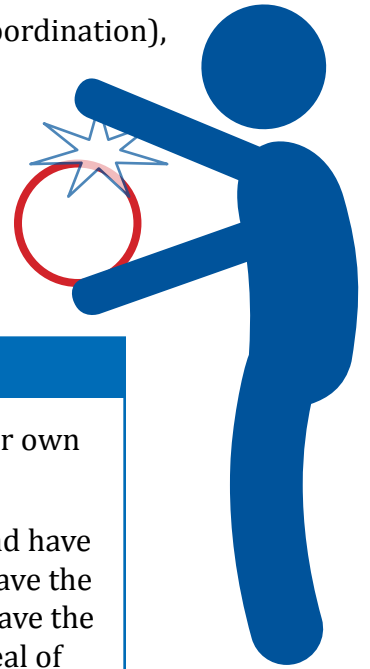
Volleyball Spikes

Physical activity links Developing movement skills (hand-eye coordination), active play

Language/literacy links Vocabulary (counting), pretend play

Equipment Balls (soft bouncing balls), one per child

Where Outdoors or large indoors



Let's play

1. In a large area, have the children spread out so that they have their own space around them.
2. Have the children place their ball on their tummy; say "stretch" and have the children stretch the ball out in front of them; say "drop" and have the children drop their ball in front of them; say "spike" or "hit" and have the children hit their ball on top during its return bounce using the heel of their hand

Try this way

- Have the children pretend they are giving their ball a high-five.
- By stretching the ball out in front of their bodies as far as they can, children should avoid hitting their toes.
- For younger children, the instructor can assist by standing behind each child and holding the ball for the spike, without the bounce.
- Pretend the ball is an egg and you need to crack it by spiking it on the ground.

Adapted by Healthy Beginnings 2-5