

101 
FUN 
PE GAMES

**VOLLEYBALL
GAMES**

FOCUS



ENDURANCE



GROSS MOTOR



FINE MOTOR

GROUP SIZE

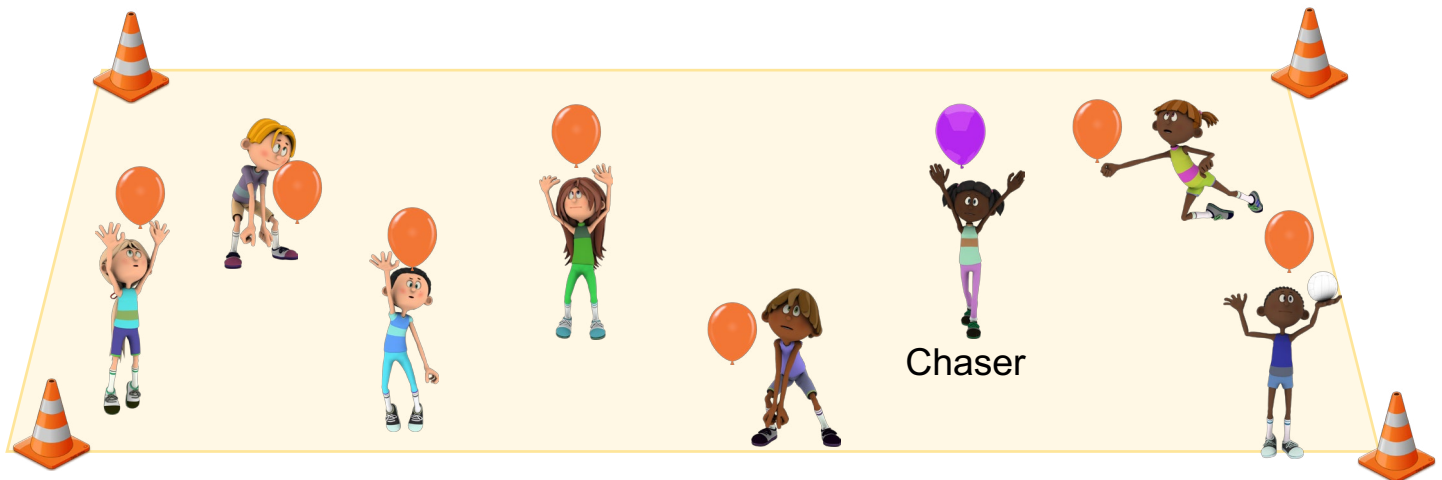


EQUIPMENT

4 cones, a balloon for each child

SETUP

Place a cone in each corner for the boundaries. Spread the kids around the room, give each a balloon. Pick one child to be the chaser with a different color balloon.



INSTRUCTIONS

1. In this game, students can move anywhere within the boundaries.
2. On 'go' the children will travel around the room by tapping their balloon into the air, including the chaser.
3. The chaser has a different color balloon. The chaser is making an attempt to travel around the room and tag other children.
4. When a child gets tagged, they need to do 20 jumping jacks to return to game.

MAKE IT EASIER

- Only use one chaser in the game and use bigger balloons filled to the max with air to allow more time in the air when tapped.

MAKE IT HARDER

- Use 2 chasers in the game to increase the level of difficulty.

FOCUS



GROSS MOTOR



FINE MOTOR

GROUP SIZE

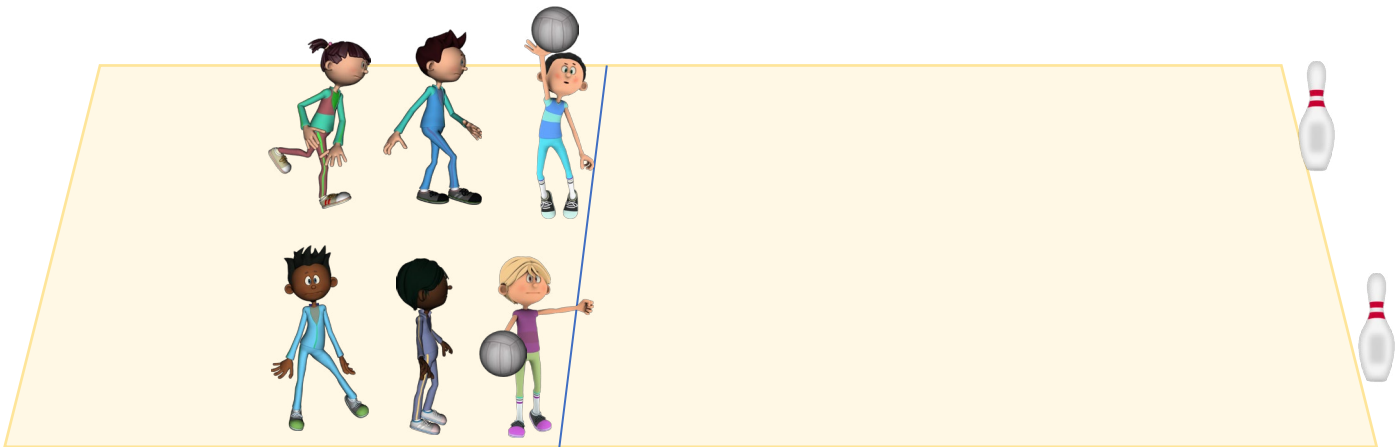


EQUIPMENT

2 bowling pins,
2 volleyballs

SETUP

You can do this in teams or have the kids compete against each other individually. Place the children in 2 traditional relay race lines. Give the first child in each line a volleyball. Place a bowling pin on the opposite end of the room. Use a line on the floor as the serving line.



INSTRUCTIONS

1. On 'go' the first child in line will serve the volleyball overhand or underhand at their bowling pin on the opposite end of the room with the intent of knocking over their pin to receive a point. Hitting an opponent's pin by accident will give the other team a point.
2. After the ball is hit, the child must chase the ball, pick up their pin if needed, and return the ball to the next child in line who follows the same process.
3. After 10 minutes, whichever team knocked over their pin the most wins.

MAKE IT EASIER

- Move the serving line closer to the pin.

MAKE IT HARDER

- Move the serving line further from the pin.

FOCUS



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GROUP SIZE

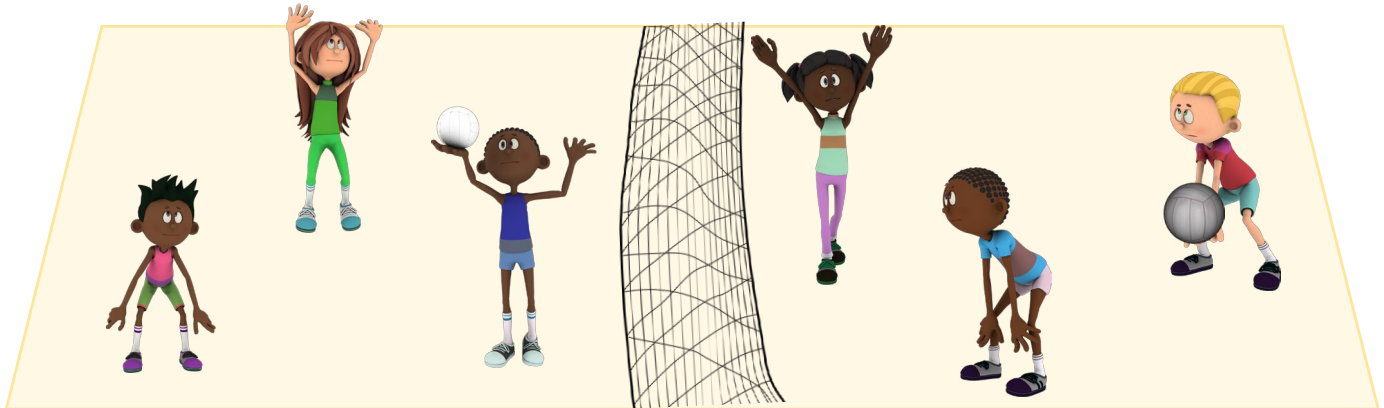


EQUIPMENT

Volleyball net,
volleyball

SETUP

Set up an even number of children on each side of the net. If you do not have a net, you can improvise using tall cones. One team will start off with a volleyball.



INSTRUCTIONS

1. On 'go' the team with the ball must pass the ball 3 times to each other on their half of the room. On the last catch, that child must now throw the ball over the net onto the other side.
2. The other side now follows the same pattern.
3. The ball must always stay within the boundary lines.
4. If a team misses a ball, the other team is awarded a point. If a team fails to get the ball over the next, again, the other team receives a point.

MAKE IT EASIER

- Allow the children to make as many throws on their side as they would like before throwing it over the net.

MAKE IT HARDER

- Put a 5 to 7 second time limit once a team receives a ball to get the ball back on the other side of the net.

FOCUS



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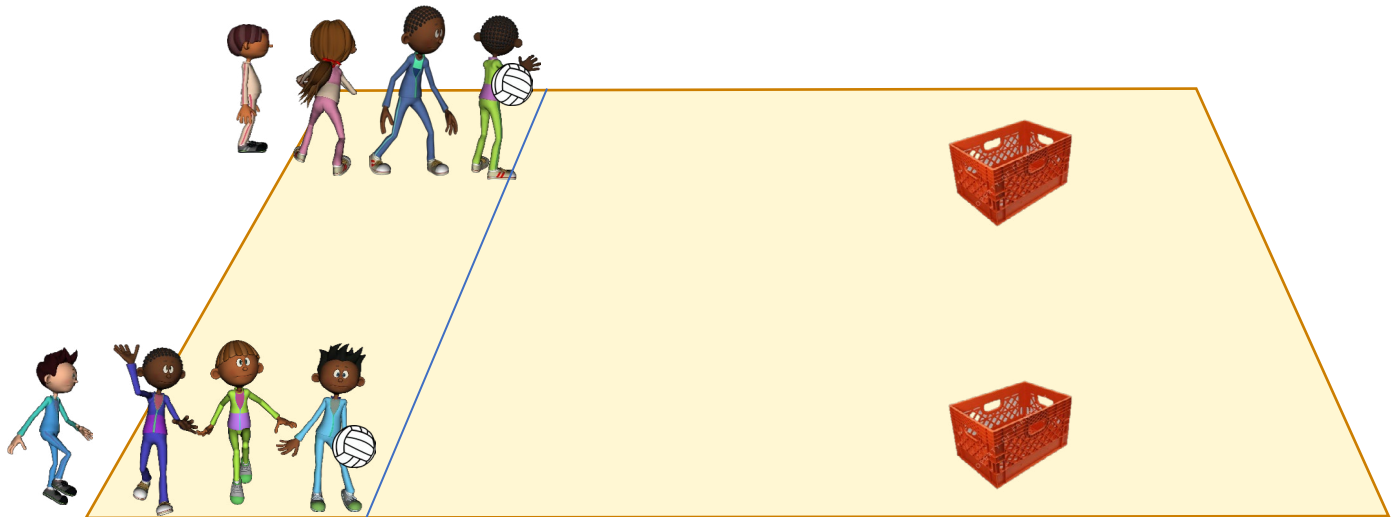


EQUIPMENT

volleyballs, milk crates or ball storage containers

SETUP

You can do this in teams or have the kids compete against each other individually. Each team lines up in a relay race format, starting on the baseline. Place a milk crate or ball storage container opposite each team and give the first child in each line a volleyball.



INSTRUCTIONS

1. On the instructor's signal, the first kid in line must serve the ball at their milk crate.
2. Whether they make it or miss it, they must retrieve the ball and run it back to the next child in line who will follow the same pattern.
3. Each child gets one attempt each time their turn occurs.
4. If they make it in their milk crate, they also receive a point.
5. The first team to 15 points wins the race.

MAKE IT EASIER

- Set the milk crates closer to the serve line

MAKE IT HARDER

- Place the milk crates further away from the serve line

FOCUS



GROSS MOTOR



FINE MOTOR

GROUP SIZE

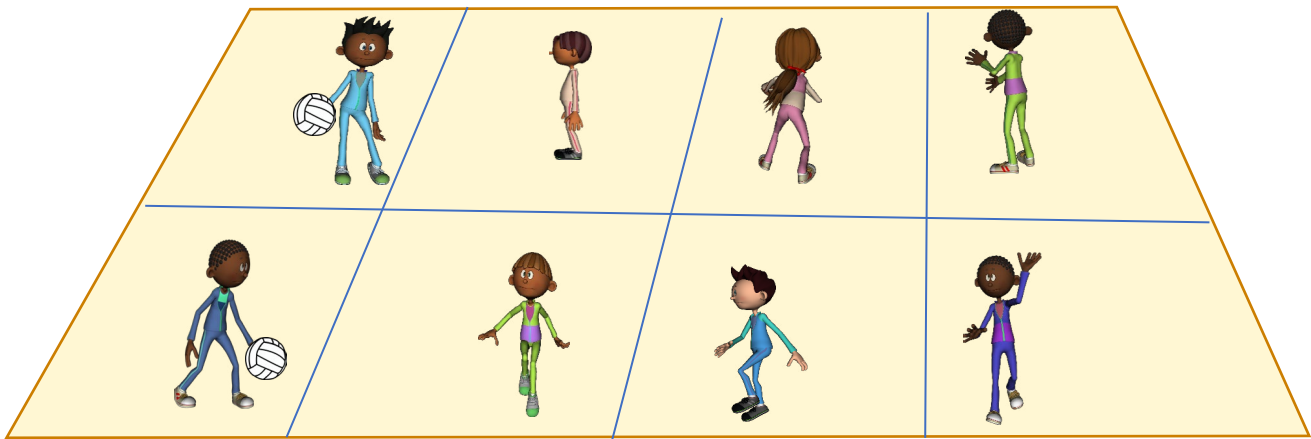


EQUIPMENT

2 volleyballs, floor tape

SETUP

You can do this in teams or have the kids compete against each other individually. Each team sets up in a line that stretches out from one end line to the next end line. The child at the start line holds a volleyball.



INSTRUCTIONS

1. On the instructor's signal, the first kid must gently serve the ball to the next kid in line who catches it with their hands.
2. Once the next kid catches it, they turn and face the child in line behind them and now serve it to them, who catches the ball.
3. This process continues until the last child in line catches it. When the last child catches it, the process continues in the reverse direction until it gets back to the first child in line.
4. Once the first child in line catches it again, the race is over and there is a winner.

MAKE IT EASIER

- Shorten the distance between kid

MAKE IT HARDER

- Increase the distance between kids

FOCUS



ENDURANCE



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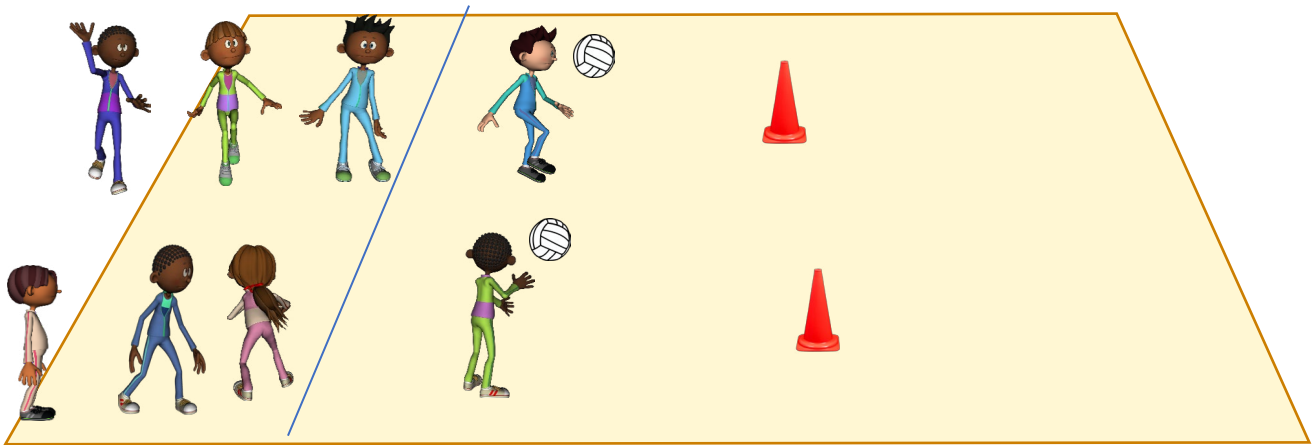


EQUIPMENT

2 volleyballs, 2 cones

SETUP

Each team lines up in a relay race format, starting on the baseline. The child at the start line holds a volleyball. Place a cone in the middle of the room in the team's path.



INSTRUCTIONS

1. On the instructor's signal, the first kid must volley the ball while walking towards their cone, go around it and come back to the start line. Volleying means that the child must tap or bump the ball constantly as they walk.
2. Once they get back to the start line, they hand the ball off to the next child in line who follows the same process.
3. The first team to finish wins.

MAKE IT EASIER

- Use balloons instead of volleyballs

MAKE IT HARDER

- Use real volleyballs in this activity