



GET ACTIVE



15 MINUTES



PREPARATION  
NEEDED

# BLANKET VOLLEYBALL

PART OF THE TEAMWORK THEMED PROGRAMME

## ▶▶ GETTING INTO THE ACTIVITY

In this sport you have no choice but to work as a team, as you're all attached to the same sheet.

Set up a volleyball court using tape/markers. Use a net or something similar in the middle to create the volleyball net (although having a net isn't essential). Split into team of 4. Each team should be given a large blanket / bedsheet.

Teams should be placed on either side of the volleyball court. The only way to move the ball is using the blanket/sheet. Team will have to pull tight and lift the blanket in order to launch the ball into the air. Likewise, the teams will need to move and position their blanket/sheet to catch the ball when receiving. To begin with just practise moving the ball back and forth between the teams. Once confident, play a competitive game of volleyball. This activity will test your teamwork and communication skills.

**Take it Further:** Set up an obstacle course. As a team, you need to transport the ball across the obstacle course using the blanket. If a ball falls, re-start the course. You could use multiple balls of various sizes. Can you keep them all on the blanket?

## ☑☑ WHAT YOU'LL NEED

- Blankets / Bedsheets
- Ball
- Net (or similar)

## ! KEEPING EVERYONE SAFE

Please maintain social distancing where required. You'll need large blankets / bedsheets for this activity to ensure that the group can remain socially distanced throughout the game. Introduce fouls during volleyball if distancing is broken.