

SKILL-RELATED FITNESS

Challenge Activities

Volley Challenge

[YouTube Video Demo](#)

What you need: 1 balloon (or small, light ball), 1-minute challenge music [[apple](#), [spotify](#)], or a stopwatch

The object of this game is to count the number of successful balloon (or ball) volleys that you can record in 1 minute.

On the start signal, you will tap the balloon into the air. Keep the balloon in the air using underhand volleys (taps). If the balloon hits the ground, pick it up, and continue with your volleys. Count for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

How many volleys (taps) did you score in 1 minute?

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

Reflection questions:

- 1) Did you notice an improvement in your score over the 5 days?
- 2) What are some possible reasons why you did (or did not) improve?

