

School-based Physical Activities

Air Volleyball



Level
K2-K3

Equipment



Rope



Soft ball

Objectives

1. Boost memory
2. Train reflexes and hand-eye coordination



Game Rules

- ① Separate the two teams with a rope
- ② The teacher will start the game by giving a topic
- ③ The child gives an answer and tosses the ball to the other team
- ④ The team scores with a successful pass and a correct answer without duplication
- ⑤ The first team that reaches the target score wins

Modifications

1. Add conditions to answers
2. Set a time limit

