

TOKYO TEN | 東京10



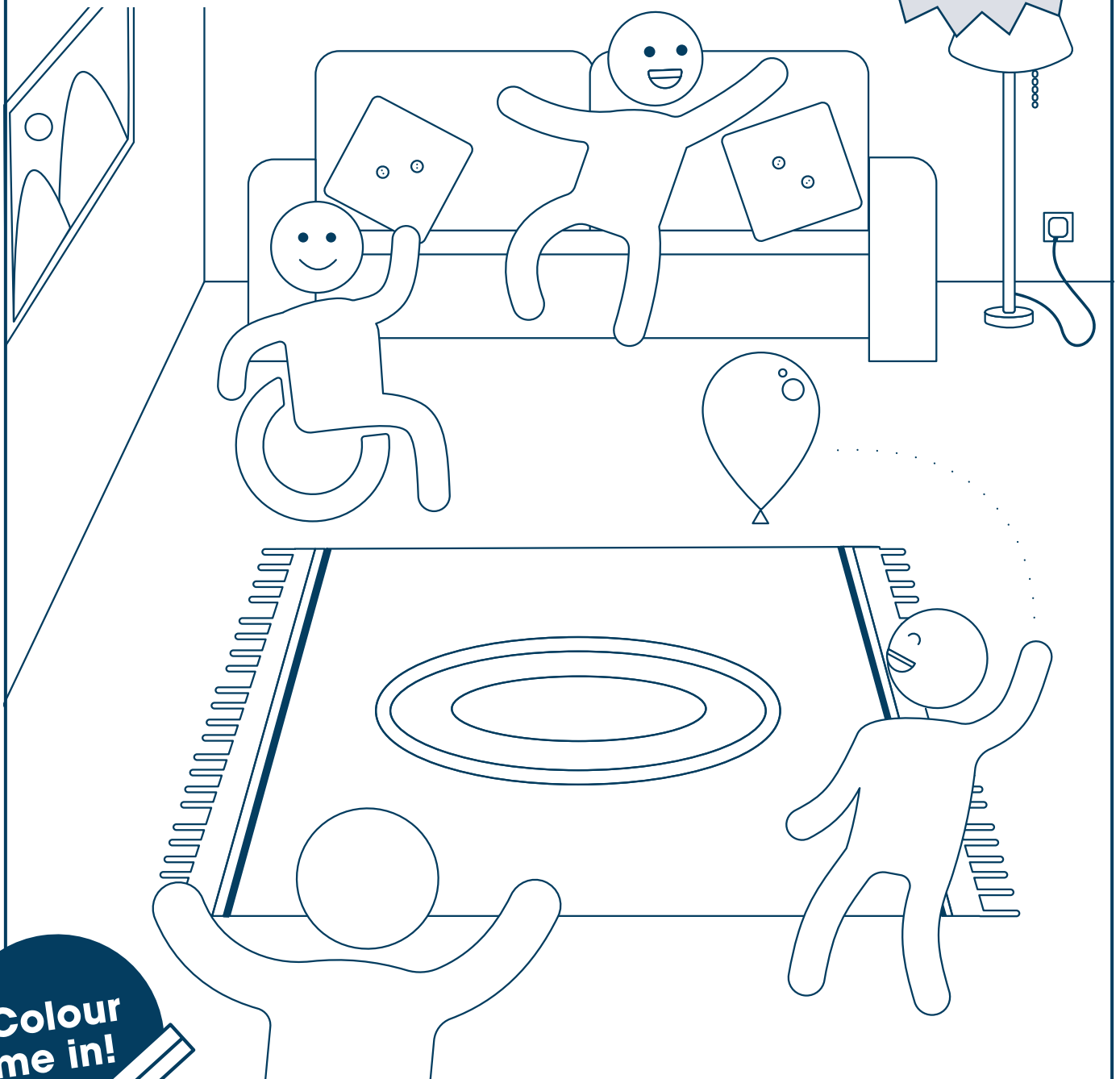
A 10-minute activity to get everyone moving!

SOFA SERVES

ソファサーブ | Sofa sābu

Did you know?

The 1964 Olympic Games were the first to include volleyball and judo.



Colour me in!



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10 Mins

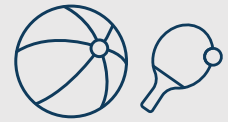


SOFA SERVES

ソファサーブ

Sofa sābu

Ball Games



Activity type

Indoor

Outdoor

Home

Away

Equipment

At least 1 balloon (or a beach ball)



How to play



2

Shout 'Play!'. A server taps a balloon with their hand, trying to get it past the volleyer, to land on the sofa.

1

One player sits on the sofa (or bench if you are playing the outdoor version). This is the volleyer. The other players stand facing the sofa. These are the servers.

3

The volleyer must stop the balloon from landing on the sofa by tapping it back with their hands. They are not allowed to stand up (unless you are playing the outdoor version).

4

The servers keep tapping it back, as quickly as possible. As a team, they score a point each time the balloon lands on the sofa.

5

Play for 2 minutes then swap positions so there is a new volleyer. Repeat until everyone has had a go at being the volleyer.

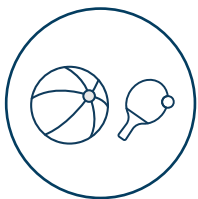
Variations

- Change the balance of volleyers and servers for each game, e.g. 2 servers and 2 volleyers.
- Use 2 balloons at a time instead of one.
- Make up your own rules and scoring.

Challenge yourself

- Can you improve your previous score?
- Can you play in a bigger space?
- Can you change or add equipment, e.g. ball or bat?

What next?



Try something similar

Tennis, badminton, table tennis, volleyball



Try something different

Climbing, orienteering, canoeing, equestrian



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