

# Fruit and Veggie Volleyball

## Equipment Needed:

- ✓ Inflated beach balls (1 ball for each group)

## DIY Equipment:

*Don't have the items needed to play?*  
Instead use a balloon or any soft item

## Get Ready!

Make enough space for everyone to move around

Move chairs and tables out of the way if you are playing inside

## Instructions:

1. The goal of the game is to hit the ball up in the air to your teammates without letting it touch the ground. Encourage players to make sure that each person gets an equal chance to hit the ball.
2. If a ball hits the ground, the players must name 1 fruit and 1 vegetable and do 10 movements (two-foot jumps, side-to-side, jumping jacks, squats, push-ups) before play resumes.
3. Make it more difficult by not repeating fruits or vegetables.

## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

Moderate activities are those that you can talk during, but cannot sing. Vigorous activities you can only say a few words without stopping to catch your breath. Can you name three moderate activities and three vigorous activities?

How can you do more moderate and vigorous activities during your day?