



# Fruit and Veggie Volleyball



## Equipment Needed:

- ✓ 1 ball for each group

**TIP:** Use any type of ball that you can safely hit up in the air, like a volleyball. Alternatively, you can use an aired-up balloon in place of a ball.

## Get Ready!

The goal of this game is to hit the ball up in the air to your teammates without letting it hit the ground.

**Make room** so that every player has enough personal space.

**Move** chairs, tables, and fragile items out of the way if you are playing inside.

## Instructions:

1. The game will begin with one player hitting the ball up into the air. Encourage players to make sure each person gets an equal chance to hit the ball.
2. Try not to let the ball hit the ground! If it does, players must name 1 fruit and 1 vegetable, then do 10 jumping jacks (squats, pushups, or any other movement) before resuming play.
3. Play for as long as time and interest allow!

**TIP:** Make the game more challenging by not allowing repeats of fruits and vegetables.

## Family Talking Points:

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

1. Moderate physical activities are those that you can talk during but can't sing during. Vigorous activities are ones where you can only say a few words without stopping to catch your breath. Can you name 3 moderate activities and 3 vigorous activities?
2. How can you do more moderate and vigorous activities during your day?