

A-Z School Games Challenge

V – Volleyball

Challenge – Keepie Uppie

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the [#StayInWorkout @SGOCOventryEast](#)

Did you know:

William G. Morgan created volleyball in 1895 to be played indoors, and originally called it '**Mintonette**' - a cross between badminton, handball and tennis.

Volleyball was introduced as to the Olympics in 1964 (Tokyo), and beach volleyball - a variation of the game played on sand - was added to the Olympics in 1996 (Atlanta).

A one-handed block in volleyball is referred to as a **Kong**, named after King Kong and the way he swatted planes from the top of the Empire State Building in New York in his movies.

There are **6 positions** on a team: the setter, server, blocker, spiker, passer, and the digger.



The longest volleyball game on record lasted **75 hours and 30 minutes**.

The **fastest serve** was clocked at 81.84 mph (132 kph).

Most volleyball players jump around **300 times** in a match.

If you have enjoyed this challenge and would like you get involved in a local Volleyball club, click here:

<http://www.volleyballengland.org/getintovolleyball/play>

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