

# SITTING VOLLEYBALL

## MATERIALS

Volleyball (or other similar ball or balloon), string or rope, two chairs (or poles or trees)

## DESCRIPTION

Sitting volleyball is a sport that is growing across Canada. It is played at the Paralympic Games and is also enjoyed at the community level. *Ensure there is enough space to play away from any safety hazards.* Put two chairs across from each other and tie a rope or string to them to create a net that is about 1 meter from the ground. Have a player sit on each side of the net and explain that in sitting volleyball **some part of the body (below the shoulders) must be in contact with the ground when playing the ball.** One player (or team) begins by serving and the serve rotates between players (or team) depending on the point awarded.

A point is awarded when a player cannot return the ball to the other side of the net, the ball is hit out of bounds, or if a serve does not make it over the net. **A point is awarded every rally.** Play the game until one player (or team) scores 25 points.

## LEARNING OUTCOME

Discover alternative ways to play traditional activities and experience playing a Parasport.

Activity from [PHECanada.ca/PHEatHome](https://www.phec.ca/PHEatHome)

## REFLECTION QUESTION

**Reflection is important to support learning during physical activity. Consider the reflection question below and discuss answers together.**

- Do you think any strategies differ in sitting volleyball compared to traditional volleyball?

# 4 CIRCUIT HIIT WORKOUT



## #1

30 Seconds - Squats  
30 Seconds - Push Ups  
30 Seconds - Plank  
30 Seconds - Butt Kicks  
30 Seconds - Rest

## #2

30 Seconds - Squat Jumps  
30 Seconds - Dips  
30 Seconds - Sit-ups  
30 Seconds - Side Lunges  
30 Seconds - Rest



## #4

20 Seconds - High Knees  
20 Seconds - Squats  
20 Seconds - Burpees  
1 Minute - Rest

## #3

100 Jumping Jacks  
10 Push-ups  
30 Squats  
10 Burpees  
30 Sit-ups

DID YOU  
KNOW ?

HIIT WORKOUTS  
BURN MORE  
FAT IN LESS TIME



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## Yoga Relaxation Activities

**Option 1:** [https://www.youtube.com/watch?v=K-lna\\_WW4Yc](https://www.youtube.com/watch?v=K-lna_WW4Yc)

The above link will bring you to a yoga practice that is designed to energize your body through stretching and strengthening your muscles with an emphasis on breathing.

### **Option 2: Writing Therapy: Gratitude Journal**

During this time of hardship there are still many things to be grateful for. Expressing gratitude helps; acknowledge the goodness in life, soften hard feelings toward self and others, deal with adversity, reduce stress, and building stronger relationships. The following are some journal prompts to help you get started:

“Today I am grateful for...”

“Today I saw/tasted/felt/experienced...”

“I am grateful that today I was strong enough to...”

“I am grateful for the following new things I learned...”

“This week I excelled at...”

“The best thing I accomplished this week is...”



## Family Members Two by Two's Fitness Worksheet

**DIRECTIONS: COMPLETE THESE ACTIVITIES WITH A FAMILY MEMBER ONLY.**

1. COMPLETE 15 PUSH-UPS TOGETHER- PARTIAL OR FULL
2. HAVE AN ARM-WRESTLING CONTEST USING BOTH YOUR RIGHT AND LEFT ARMS.
3. THROW 20 FOOTBALL OR ULTIMATE FRISBEE PASSES
4. DO 50 JUMP HOPS
5. COMPLETE 15 TRICEP DIPS USING THE STAIRS
6. COMPLETE 30 CRUNCHES
7. COMPLETE 15 JUMPING JACKS
8. DO 2 X 30 SECOND PLANKS TOGETHER
9. COMPLETE 15 BUTT KICKS TOGETHER
10. DO A PIGGYBACK RIDE TO THE END OF THE DRIVEWAY AND BACK
11. WORK TOGETHER TO SUCCESSFULLY COMPLETE A BACK TO BACK PARTNER STAND  
UP. (HINT: LINK ELBOWS)
12. JUMP ROPE TOGETHER FOR 1 MINUTE
13. SHOOT 10 BASKETBALL SHOTS EACH
14. DO A 30 SECOND DANCE



## Aerobic "Beanbag"

Aerobic "Beanbag" is a simple outdoor activity (can be done indoor if the weather is poor or there is a lack of space) for you and your family to enjoy. This game can be played in either a casual or competitive manner by yourself or with members of your household. Enjoy!

### Material:

- Bean Bags (rolled up socks, stuffed animal, etc.).
- Hula Hoops (designated circled area).
- Polyspot (frisbee or small flat circle smaller than your hula hoop or designated circle).
- This list of materials are only suggestions. Feel free to substitute any in or out. Each house has different items around the house that fit the need for each activity – get creative!

### Set Up:

- Find a nice open area (preferably outdoors).
- Place one hula hoop on the ground and place a polyspot directly in the center of the hula hoop.
- Place your other hula hoop and polyspot about 5-10m apart from the first pieces of equipment (distance can vary based on skill level).



### How to Play:

- Player 1 will position themselves at one hula hoop and Player 2 will be stationed at the other hoop.
- Game starts with Rock, Paper, Scissor to see who gets first toss.
- Players will each have 3 tosses in a turn before the other player gets their turn (number of tosses per turn depends on available equipment – adapt as necessary).

- Players will be using an underhand toss from behind their own hula hoop in order to try to score points. Bean bags must be tossed in the air and not rolled.
- Scoring Points:
  - 3 Points – Bean bag lands in middle circle
  - 2 Points – Bean bag lands in the hula hoop but not in the middle circle
  - 1 Point – Bean bag is touching the hula hoop
  - Argued points will be settled by both players
- Games go to 15 points.
- Loser of the game must run/jog/walk for at least 1 minute before returning to play another game. If there is not enough space for running, then adapt to environment. Losing players can do jumping jacks, burpees, etc. Set the cardio element before beginning game.
- After losing player does their cardio then repeat and play again. Challenge one another!

Modifications:

- Game can be adapted to 2 v 2
  - One player from each team will be stationed at either hula hoop. Alternate shots until your end has no more bean bags (3 tosses each preferably).
  - Scoring and cardio elements stays the same.
- Playing Alone
  - You can have a set number of tosses to get to 15 points. If you go over that many tosses, then you need to perform the cardio element.
- Add in other pieces of equipment to “toss” the bean bag:
  - Scoops
  - Hockey sticks – “shoot” the bean bag into the hoops
  - Golf clubs
  - Lacrosse sticks
  - Tennis racquet

Safety:

- Pay attention to your surroundings.
- When it is not your turn stay a safe distance back from the hula hoop.
- Use materials that are not going to break when using them for the purpose of these activities.

# Wellness Corner

This week's resources will include The Dimensions of Wellness.

## The Dimensions of Wellness:

1.) This article focuses on “How to Address The 7 Dimensions of Wellness in the Workplace.” Research has shown that good wellness programs in the workplace not only increases productivity but also work/life balance. Some examples are great to implement now, however, some of these ideas will have to wait until after COVID-19.

<https://allwork.space/2019/05/how-to-address-the-7-dimensions-of-wellness-in-the-workplace/>

2.) Assessing your life balance is a wellness wheel activity that you can complete online or print off. This activity will highlight areas that you are doing well in and areas that may need some improvement. Based upon your results you can develop a plan with specific goals for improvement.

<https://studentwellness.uci.edu/wp-content/uploads/2015/04/Assessing-Your-Life-Balance.pdf>

3.) This article on “The 7 Dimensions of Wellness” was created by the School of Health Promotion and Human Development at the University of Wisconsin. The article provides the list of the 7 dimensions and expands on the definition as well as ways in which one can improve on their quality of life.

<https://www.uwsp.edu/HPHD/Pages/7dimensions.aspx>

