



## Chapter Four:

*'If you can dream it, you can do it'*

Hello and welcome to chapter 4 of our 6 Olympic chapters. In today's activity we are going to get creative and make our very own Olympic Torches and in today's event we are focusing on hand eye co-ordination and striking in Balloon Volleyball.

Let the games begin



**Activity One (Olympic Torch):** We would like you to design and create your very own Olympic Torch. All you are going to need is a variety of different craft materials such as; pens, pencils, crayons, paints, card, paper, tissue paper, ice lolly sticks, kitchen/toilet roll tubes etc. to bring your creations to life. You can post your creations on our Facebook page!

*'The Olympic flame is one of the most important symbols of the Olympic Games. It symbolizes the fire Prometheus stole from the ancient Greek god Zeus. In ancient Greece, the organizers of the early Olympic Games kept a flame burning throughout the course of the games and this is a tradition that is still carried out today.'*



Let the games begin



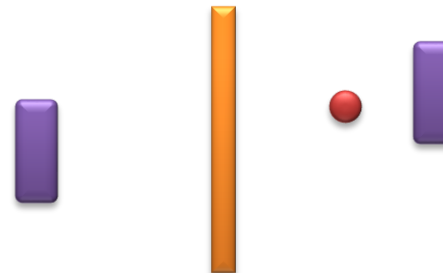
## Equipment / Scoring:

- Chalk / Towels / Tape/ String
- Balloon
- Craft Materials

**Balloon Volleyball:** A point is scored when the balloon hits the ground in the opponents half. The first individual or team to score 5 points is the winner.

**Activity Two (Balloon Volleyball 1 vs 1 / 2 vs 2 / 3 vs 3):** All you are going to need to take part in our second activity is a small space either inside or outside, a balloon and some tape (anything that can be used to mark a line in the middle of the court)

The aim of the game is to strike the balloon and get it to land on the ground in your opponents half. Divide players into two teams and position them on either side of the centre line. One team serves by hitting the balloon over the line and the other team must try and return the ball before it hits the ground. If the balloon is not returned and it lands on the ground a point is scored. Try a variety of different striking methods and techniques (Under or over or with one or two hands.) You can adapt the game and limit the number of touches you can take before the balloon has to be returned if you desire. **Set up:**



### Key:

Player 1 & 2:



Balloon:



Centre Line:



Let the games begin

