



Do something

DID YOU KNOW?

Most volleyball players jump about 300 times during a match. With more than 800 million people around the world playing volleyball, that's a lot of jumping.



Volleyball is a great team sport.

If you have energy to burn, why not try playing...

Volleyball

If you're going on a summer holiday this year, you might find yourself playing a game of volleyball on the beach. Far from just being a game for the seaside, though, volleyball can be enjoyed anywhere, any time and in any place. It's energetic, inclusive and lots of fun.

Volleyball involves playing in a team trying to hit a ball over a net dividing the two sides. You can hit the ball a maximum of three times per side before getting it over the net; you can't touch the net; and one player can't hit the ball twice in a row.

Normally, there are six players in each team on the floor, but when starting off, you can practise with just one on each side of the net to make

sure you're each enjoying as much game play as possible.

"The best way to start playing volleyball is just to give it a go," says volleyball coach and former Olympic GB volleyball athlete Maria Bertelli.

"Any level can play. You can be an absolute beginner and it's still the same amount of fun as if you're an expert. It's high energy, it's a great team sport, and you get to have lots of fun with the other players."

You can play volleyball anywhere: on sand, on grass, in the garden or even in the house with a balloon. "It's a game for everyone," Bertelli adds. "You can even play sitting volleyball if you have a disability; all you need is a ball."



"It's fun and really inclusive"



Name: Will
Year: 5

"I like volleyball because it's fun and really inclusive – anyone can play. I love the social side of it, playing with my friends and having

fun together. You can also play anywhere (as long as it's not a small space), which is fun. If someone wants to start playing volleyball, I'd tell them to go for it. Don't take anything too seriously; you can enjoy it even if you're a beginner."

You can play anywhere.



HOW, WHAT, WHERE?



What do I need?

Got a washing line for a net, a ball and someone to play with? That's all you need to start practising volleyball at home. If a normal ball is too hard for you as a beginner, try with a balloon or beach ball. You'll have extra time to hit it and it won't be as hard on your arms.



Where can I play?

Head over to volleyballengland.org, scottishvolleyball.org, nivolleyball.com or volleyballwales.org for a quick way to find volleyball events, clubs and courses close to where you live.



How do I get started?

Volleyballengland.org's online shop sells the Go Spike Game in a Bag. It comes with a ribbon to use as a net, and a blow-up beach ball, so the minute it arrives, you've got everything you need to start playing.

Learn more...

- Watch a brief introduction to at tinyurl.com/TWJ-volleyball
- Find volleyball clubs, events and courses at tinyurl.com/TWJ-volleyballclubs





Make Koinobori flying fish

What you need

- Plastic bag
- Scissors
- Sticky tape
- Black pen – a permanent marker will work well
- Hole punch or a sharp pencil
- Ribbon/string

Instructions

Do you have lots of plastic bags lying around at home? Why not use them to make some beautiful Koinobori-style fish kites, which are traditional decorations in Japan. Cut a piece roughly 50 centimetres by 25 centimetres out of the bag. Fold it lengthways, with about two centimetres overlapping, and tape the whole length down to create a cylinder shape. Lay this flat and draw a big eye at one end of your "fish", then draw some scales. Repeat on the other side. Cut some long strips from the rest of the bag and attach them inside the tail end of the fish. Use a hole punch or a pencil to make two holes at the head end and push through some ribbon. Hang your fish from a tree or beside a window and watch it sway in the breeze.

CHILDREN'S DAY

In Japan, these fish are often flown like flags to celebrate Children's Day – parents will hang up a different coloured fish for each of their offspring.



You can make the designs as wild as you like.

WARNING!

Ask a grown-up to help you use the toaster and microwave.

Scrambled eggs are delicious and easy.



Cook easy scrambled eggs on toast

What you need

- 2 eggs
- 2 tablespoons milk
- Pinch of salt and pepper
- 2 slices bread
- A knob of butter
- Microwave-proof bowl
- Fork
- Microwave
- Toaster
- Plate
- Knife

Instructions

Beat the eggs and milk together in a microwave-proof bowl. Add a pinch of salt and pepper. Put the uncovered bowl into a microwave on high for one minute. While you're waiting, pop some slices of bread into the toaster. Remove the eggs from the microwave and stir with the fork. Return to the microwave and cook on high for 30 seconds. Put the toast on a plate, butter it and spoon the eggs on top.

Got an idea? Made something cool? Share it with us at hello@theweekjunior.co.uk

ADVERTISEMENT FEATURE

WIN

a Kids Week London theatre trip with your family to see

The Comedy About a Bank Robbery at the Criterion Theatre, plus dinner at Busaba Eathai Restaurant



Kids Week runs throughout August and is a really cool way to see some of your favourite London theatre shows for free.

Doors to some of the West End's most famous theatres are welcoming kids for free to loads of performances, with more than 30 top shows to choose from. It's open to any child aged 16 or under, as long as they go with an adult paying full price. Kids Week also has free backstage tours and workshops; plus, don't forget all the fun places to visit and eat around London's theatreland.

Kids Week via Official London Theatre are offering one lucky reader the chance to win a FAMILY THEATRE TRIP to the fantastically funny *The Comedy About a*

Bank Robbery at London's Criterion Theatre in the West End. **FOUR TICKETS ARE UP FOR GRABS**, plus there's **DINNER FOR FOUR** worth £50 at Busaba Eathai Restaurant, Leicester Square.

For a chance to win this great prize, ask a parent or guardian aged 18 or over to read the terms and conditions at heartoflondonbid.london/events/kids-week-2017, then send your name, email address and phone number to kidsweek@heartoflondonbid.co.uk

www.kidsweek.co.uk



TERMS AND CONDITIONS: COMPETITION CLOSES MIDNIGHT FRIDAY 11 AUGUST. THE WINNER WILL BE ANNOUNCED IN THE 19 AUGUST ISSUE. FOR FULL TERMS AND CONDITIONS, PLEASE LOG ON TO HEARTOFLONDONBID.LONDON/EVENTS/KIDS-WEEK-2017