

Vollegg at school

Vollegg can be played from preschool onwards, including in school PE lessons. Sit on the floor in circles: groups of 3 to 8 players make for particularly enjoyable rallies. The youngest player starts. Together, keep the egg moving!

The basic rules

- 01** Sit on the floor in a circle of 3 to 8 players. Everyone should be able to see each other and pass the egg around.
- 02** The youngest player starts. Tap the egg to pass it: do not catch or throw it.
- 03** Bounces and rolls are part of the game. As long as the egg moves, keep playing.
- 04** If it stops, start again together. Nobody is eliminated: the challenge is shared.

Suggested session · 15 to 20 minutes

3 min: Explore the egg and try a few taps.

5 min: Play freely with the basic rules.

5 to 8 min: Choose a card and try one variation at a time.

2 to 4 min: Discuss: What helped us play together?

Adjust spacing and pace to the group. Keep the area clear; allow more space for the standing variation. For object variations, choose light objects without sharp edges.

The game invites children to explore coordination, reflexes, attention and cooperation, without individual performance targets or comparisons between children. With a rule that makes room for mistakes, Vollegg can help children feel free to try, become more comfortable and build confidence.



12 cards to vary the game

The original French cards are included on the next page. Cut them out and choose one challenge at a time. The translations below follow the same order.

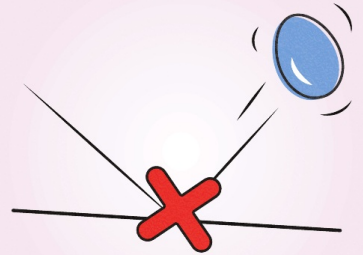
- 01** Use just one touch
- 02** Play with an object in your hand
- 03** Play without a bounce
- 04** Play with an object in the centre of the circle
- 05** Play with your non-dominant hand
- 06** One touch with each hand
- 07** Stand up and move
- 08** Pass clockwise, then reverse direction
- 09** Say a different word with each pass
- 10** Count passes: aim for a shared record
- 11** Time the rally: keep it going as long as possible
- 12** Play with a closed fist



JOUER À UNE TOUCHE



JOUER AVEC UN OBJET DANS LA MAIN



JOUER SANS REBOND



**JOUER AVEC UN OBJET
AU MILIEU DU CERCLE**



JOUER AVEC SA MAUVAISE MAIN



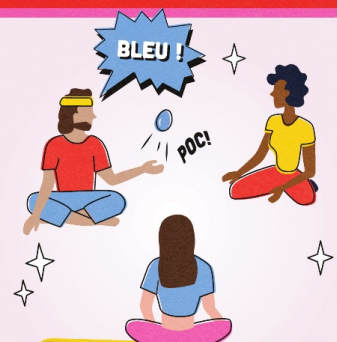
UNE TOUCHE DE CHAQUE MAIN



DEBOUT ! EN MOUVEMENT



**PASSES DANS LE SENS DES AIGUILLES
D'UNE MONTRE (PUIS INVERSE)**



**DIRE UN MOT DIFFÉRENT
À CHAQUE PASSE**



**COMPTE : RECORD DU
NOMBRE DE PASSES**



**CHRONO : RECORD
ÉCHANGE LE PLUS LONG**



JOUER LE POING FERMÉ