

Volley Ball

Time	Activity	Description
1-2 min	Prayer	Safety, good sportsmanship, fun, and full participation are possible prayer topics.
2-3 min	Warm up	Run laps around the court
2-3 min	Stretching	Arm stretches, lunges, quad stretches etc... You may set one student as the leader if you want, or you can lead the class
5m	Serve practice	3-4 students on one side of the net practice a serve to the empty opposing side with the other students lined up on the side. After serving, they go to the end of the line. The first 3-4 students in line retrieve the served balls and line up on the opposing side and practice a serve to a now empty first side. Depending on how many kids in class, each student will get 1 - 2 practice serves.
35-40 min	Scrimmage or Royalty of the court	<p>Example: Royalty of the court -</p> <ul style="list-style-type: none"> - 3 vs 3 game - Remaining students line up on the side - The Royals side (Teacher picks which side of the court that is) always gets the first ball thrown to them by the teacher - The other side of three battle to beat the royalty side - First team to drop a ball loses - If opposing side wins, they run under the net to the Royalty side, the previous 3 students go the the end of the line, and a new set of 3 students enter on the non royalty side. - If the Royalty side wins, they stay and the other side is replaced by 3 from the sideline. - Repeat until about 2:50 if there is a run and just before 3 if there is no run
5-10 min	Clean up / run	<p>If there is a run</p> <ul style="list-style-type: none"> - Clean up at 2:50, give the students a chance to use the restroom, and get to the run starting point. <p>If there is no run</p> <ul style="list-style-type: none"> - Clean up just before 3 and release kids at 3