

Volleyball Intramural Lesson Plan
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Course Title: Volleyball Intramurals	Lesson Title: Team Building Activities
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Total number of students: 45	Equipment: 3 Nets, 3 Volleyballs
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Time of Lesson: 90 Minutes	
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Lesson

Do Now

5 Min: Students come into the gym and check in, break into their groups and start light playing to warm up.

10 min. I blow the whistle, everybody freezes, finds their teams and heads to their appropriate side of the gym. Ms. Anderson will take the more advanced students to his half and run the scheduled games while Mr. Gillis works with the intermediate students

Demonstration

10 Min. Mr. Gillis then creates equal groups and will demonstrate proper form for Serves, Bumps, and Sets. Once demonstrations are over Students will practice what Mr. Gillis has demonstrated

Activity

15 min. Students will practice the above skills while receiving feedback from Mr. Gillis.

55 Min. Students on the intermediate side will be broken into 4 even groups (2 if we only have 1 net) and will play a modified volleyball game. Advanced groups will follow the predetermined schedule.

5 Min. Students will collect their things and line up at the door.