**Title: Warm up volleyball**  
  
**Type: volleyball, warm up**  
  
**Lesson Goal: Prepare students for volleyball technique and warm them up.**



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| **Instruction** | **Differentiation options** | **Extra info** |
| Relay 15 minutes: The students get divided into 4 groups, the groups make rows at 4 different spot. The first of the group run to the net and block, after that they walk back to the row backwards. The second person in the group repeats what the first did, the third repeats that and the fourth repeats it too. After this a second round where the first one in the group goes to the net knee lifting, blocks at the net and goes back knees to butt. The second, third and fourth repeat this. Third round first person runs to the net with a ball and throws the ball over the net gets the ball and runs back to the net then they throw the ball to the next person and run back. The rest repeat this. | If there are uneven groups some groups with fewer people need to run more so everyone can do the estafette. If there is no net the students can jump at a cone instead of block. |  |
| **Field set-up: (organisation)**  **Four cones with an even amount of space between them (additional cones may be needed if using a net is inconvenient) and a net will have to be set up.** | | |
| **Link to support/assessment document:** | | |

**Additional pages if necessary:**