

# WARM UP

## Dishes & Domes

Divide the class into 2 groups. 1 group on one side of the space (Dishes), the other on the other side (Domes) Place half the cones inverted and the other half the correct way up. On “Go” the pupils turn the dishes to domes and vice versa.

Count down 5,4,3,2 and on 1, the teams must be back in their starting space.

Repeat if time allows using the 5 step patterns:

- Jump from 2 shoes and land on 2 shoes (2-2)
- Hopping
- Take off from one shoe and land on 2 shoes (1-2)
- Take off from 2 shoes and land on one shoe (2-1)
- One shoe to opposite shoe and vice versa (walking, jogging etc.).

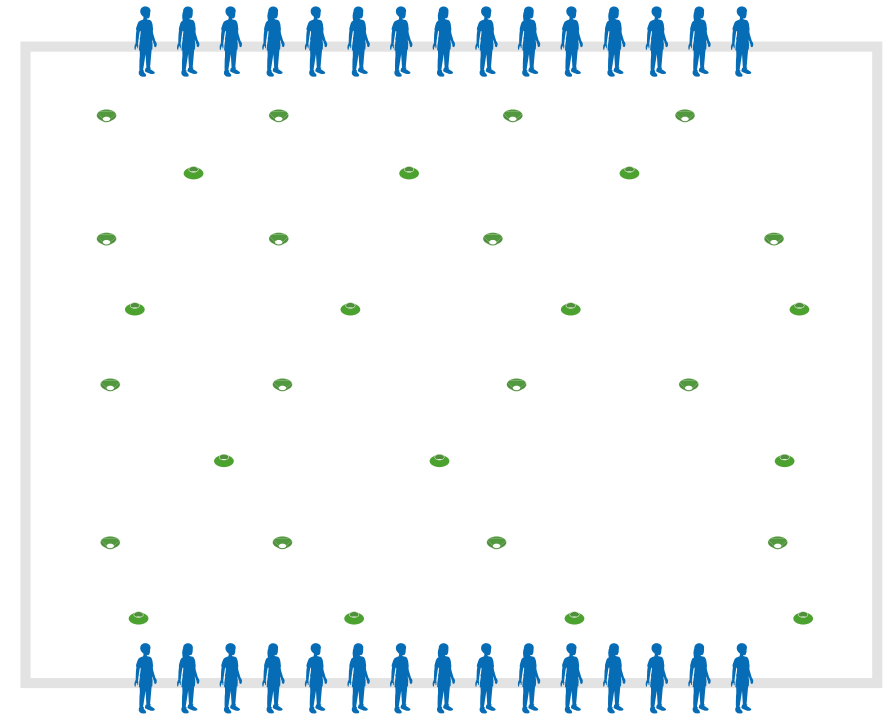
### Teaching Points:

- Working as a team
- Introducing competition
- Heads up watching where going (to avoid contact with others)
- Bend knees and get low to the cones.

## Developing agility and shoe movement confidence

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Example of whole class activity set up:



### Equipment:



Cones