

# WARM UP

## Ladders

Create pathways of throw down lines and spots as per the diagram.

Pupils are in teams standing behind their pathway (approx 6 teams with 5 to a team).

1. Move through the ladder – land 2 shoes outside of the throw down lines, land right foot on right spot, left foot on left spot.
2. Now add a ball and they have to pass the ball around their own body behind their back as they move down the ladder. Follow the same shoe pattern through the ladder.
3. One pupil now stands at the end of the ladder with the ball. The other pupils move through the ladder in the same pattern but when they reach the end the pupil with the ball bounces it for the pupil who has come through the ladder to catch and throw back.
4. As above, but the pupil at the end throws the ball underarm to be caught without a bounce.

For runs 3 and 4 pupils should keep going until everyone on the team has had a turn in the end (throwing) position.

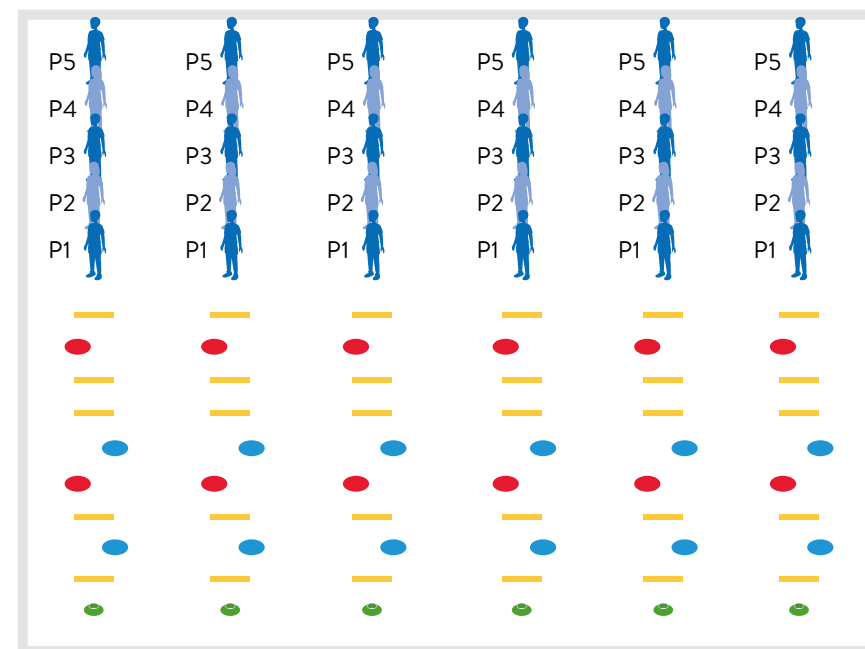
### Teaching Points:

- Shoes outside of throw down line
- Land on the right (red) spot with right shoe
- Land on the left (blue) spot with left shoe
- Light on shoes
- Head up facing where the ball is being thrown from.

## Shoe patterns in sequence, linking to a sending-receiving action

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### Example of whole class activity set up:



### Equipment:

- Balls
- Throw down lines
- Throw down spots
- Cones

### Activity set up:

