

# WARM UP

## Colour Play Throw & Go

Working in 4's: Pupil 1 and Pupil 2 behind a throw down line, Pupil 3 and Pupil 4 behind a throw down line opposite. 1 throw down spot in the middle between the pairs.

Pupil 1 runs across the spot to Pupil 3, who is waiting in their ready position, and they high five right hand to right hand (diagonal). Pupil 3 runs over the spot to Pupil 2, high fives; Pupil 2 to Pupil 4, and continue.

- Repeat above, but left hand to left hand (diagonal)
- This time pupils time their movement to meet and high five right hand to right hand over the spot
- Repeat above, using left hands.

### Teaching Points:

- Start in the ready position (shoes shoulder width apart)
- Time the movement to arrive at the spot at the same time
- Step forward with opposite shoe to throw
- Low to high action for underarm throw.

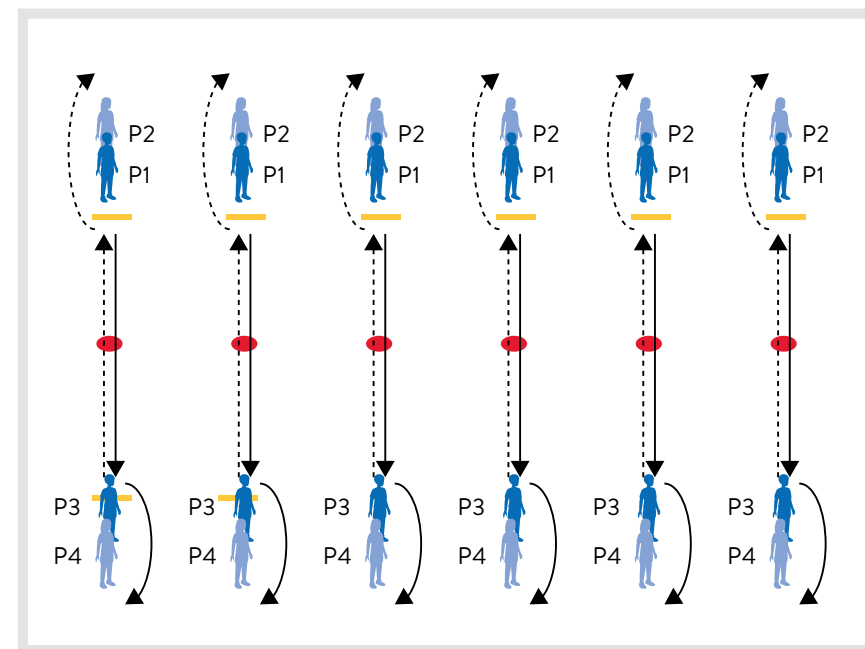
### Skill UP

Now add a ball. Pupil 1 runs to the spot and throws the ball using 2 hands from the right side of their body (as a rugby pass) to Pupil 3 who is waiting behind the line in the ready position to catch it. Pupil 1 then moves forward and joins the back of the opposite line, whilst Pupil 3 moves forwards to the spot and throws to Pupil 2. Continue the sequence. As above but throwing from the left side of their body. This time pupils meet over the spot to throw and catch. Pupil 1 and Pupil 3 meet at the spot to throw / catch, both continue forwards and the pupil carrying the ball throws to the pupil waiting behind the line in the ready position. Throw the ball 1 handed with the right hand. Repeat above using the left hand to throw.




## Developing hand and shoe movements in combination

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### Example of whole class activity set up:



### Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

### Activity set up:

