

# WARM UP

## Ready, Spot, Step

Throw down spots, enough for 1 per pupil, are placed randomly around the floor. Pupils move around the space and when the teacher calls stop, the pupils go from the ready position and land on a spot using the one of the 5 footwork patterns, i.e:

- Hop on left (blue) shoe
- Hop on right (red) shoe
- Take off from 1 shoe and land on 2 shoes
- Take off from 2 shoes and land on 1 shoe
- Jump from 2 shoes and land on 2 shoes.

Pupils could work in pairs and watch each other.

As above, but once teacher says 'go' pupils come out of their balance into the ready position before they continue to move around the space.

### Teaching Points;

#### 5 basic step patterns:

- Stop safely and with control
- Knees bent on landing
- Use arms to balance
- Head up.

#### Ready position:

- Shoes side by side, shoulder width apart
- Knees slightly bent
- Racket hands out in front of the body above shoes.

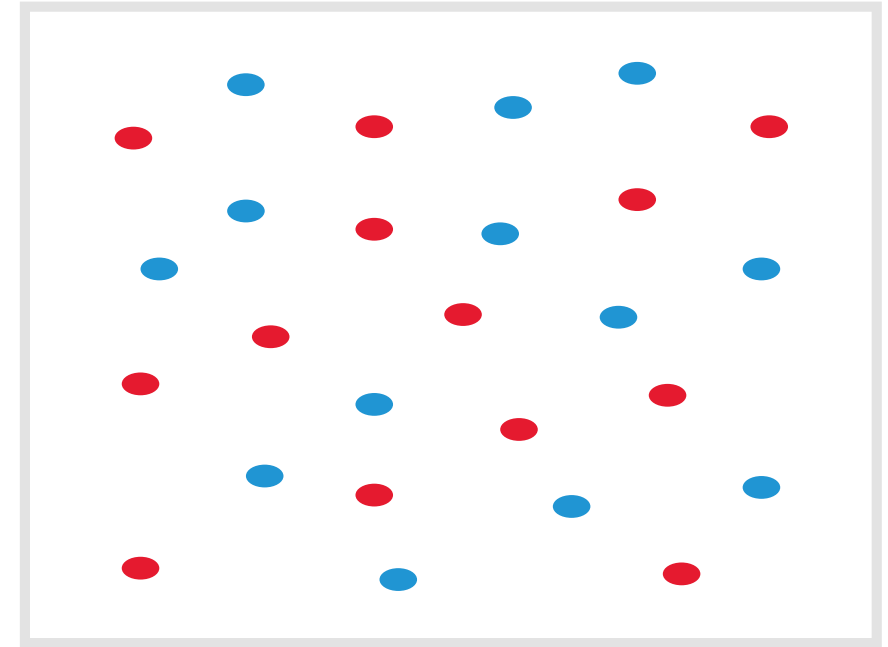
### Skill UP

Pupils now move continuously around the space and when they come to a spot they jump 2 shoes onto the spot and then 2 shoes off the spot.


## Developing the 5 fundamental shoe patterns

# 02

### Example of whole class activity set up:



### Equipment:

 Throw down spots