

WARM UP

Ladders

Throw down spots (2 different colours) and throw down lines are placed in channels: line, left spot, right spot, line, left spot, right spot, line.

Pupils are in teams and follow each other to move up their ladder and return to the start. When they reach a line they jump and land with 2 shoes on the line (ready position). At a spot on the right (red) they hop onto it landing on the right (red) shoe, and on the left (blue) spot they hop onto their left (blue) shoe.

Teaching Points:

- Light on their shoes
- Hop onto right shoe at right spot, left shoe at left spot
- Jump into the ready position.

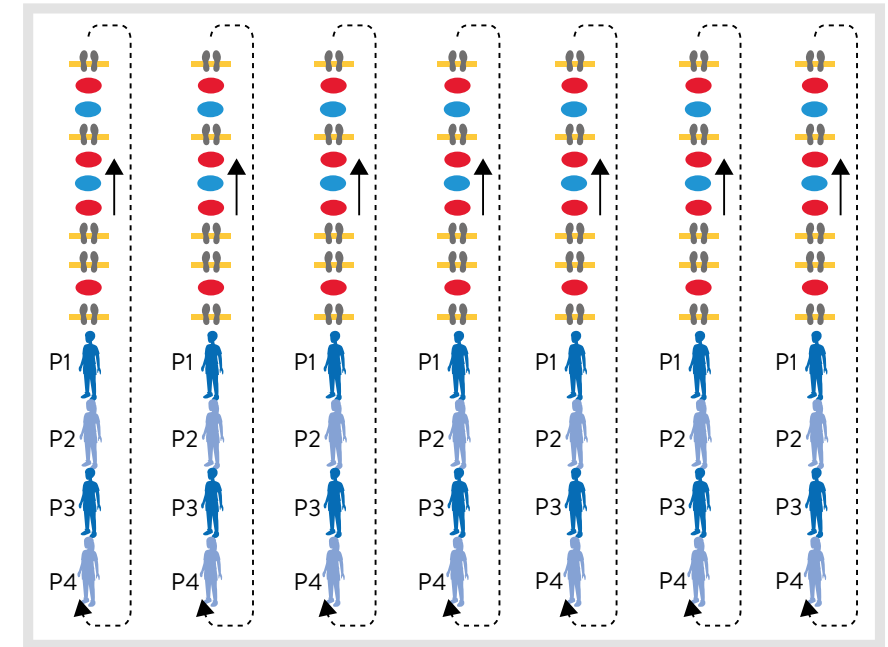
Skill UP

Repeat above, but this time when come to a line, both shoes go wide outside of the line.



Developing confidence in shoe patterns

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Example of whole class activity set up:



Equipment:

-  Throw down lines
-  Throw down spots

Activity set up:

