

# WARM UP

## Hoop Up Spot Down

Throw down spots and small hoops are placed randomly on the floor (enough for 1 per pupil).

Pupils hop into hoops, balance and then move on.

Pupils land with 2 shoes on the spot and then with shoes either side of the spot, show the ready position then move on.

Teacher calls out the method of moving around the space:

- Vary the speed: quickly, slowly
- Vary the direction: sideways, forwards, criss-cross etc
- Move using the 5 shoework patterns.

### Teaching Points:

- Perform the action accurately with good balance
- Eyes track the ball
- Split hands apart to allow the ball to drop
- Throw ball underarm just above head height
- Cup hands together to catch the ball.

### Skill UP

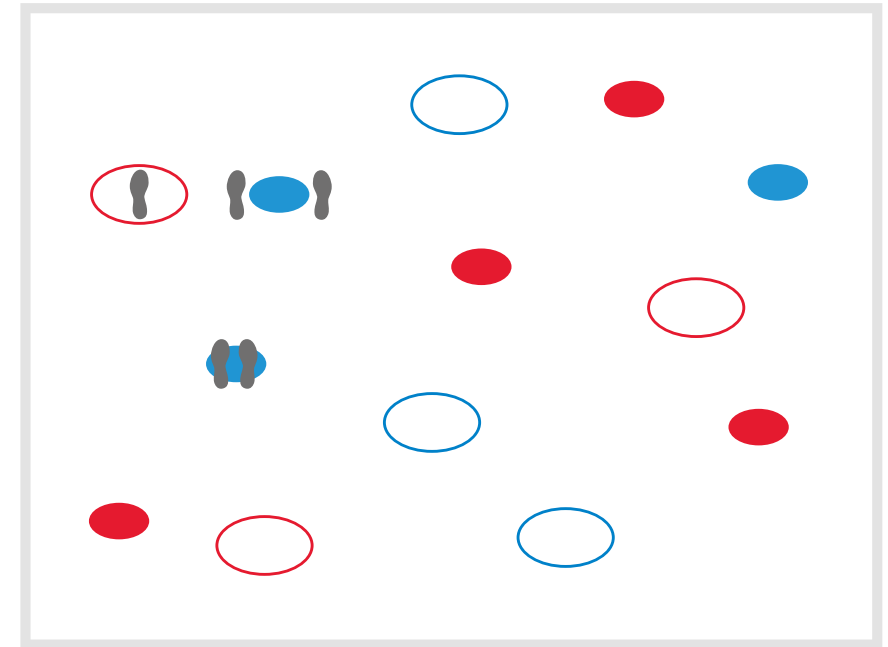
Pupils carry a ball and move around the space, when they come to a:

- Spot – drop the ball down on the spot using 2 hands and catch it. Drop, bounce, catch.
- Hoop – throw the ball up to bounce in the hoop, then catch.

## Linking body and shoe movement with direction

# 05

Example of whole class activity set up:



### Equipment:



Balls



Throw down spots



Hoops

### Activity set up:



### Skill UP

