

WARM UP

Shoe-Work Patterns

Pupils move around the space, using the 5 step patterns determined by the teacher. When the teacher calls stop, pupils have to stop and hold a Ready Position.

Repeat each step pattern a few times before moving onto the next one.

Jump from 2 shoes and land on 2 shoes (2-2)

1. Hop on Red shoe (right) – 1 shoe to 1 shoe (1-1)
Hop on Blue shoes / left – (1-1)

2. Take off from 2 shoes and land on Red shoe (2-1)
Take off from 2 shoes and land on Blue shoe (2-1)

3. Take off from Red shoe and land on 2 shoes (1-2)
Take off from Blue shoe and land on 2 shoes (1-2)

4. Red shoe to opposite Blue shoe and vice versa (walking, jogging).

Teaching Points:

Ready position:

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

5 basic step patterns:

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

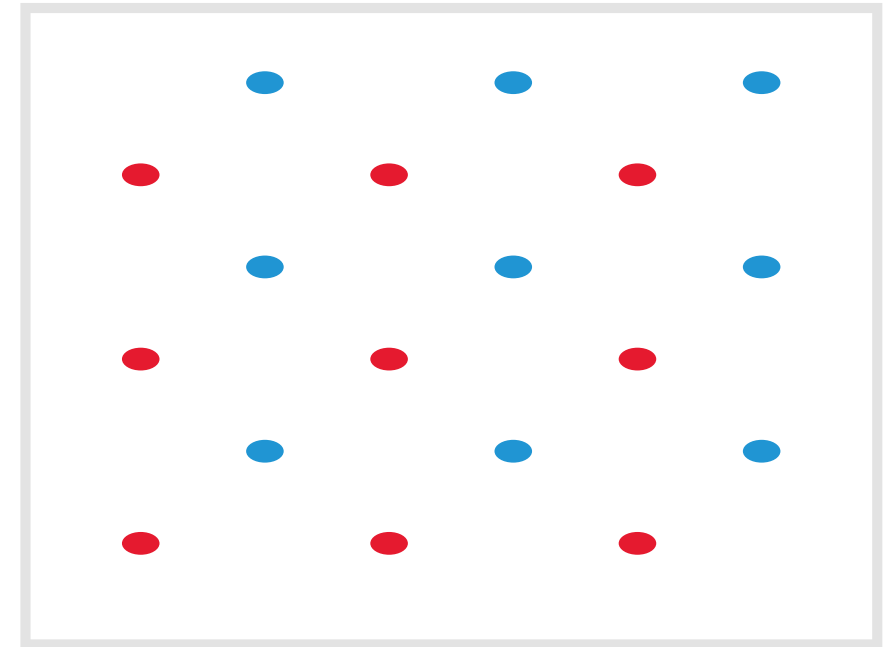
Skill UP

Pupils collect a throw down spot each, and space these out around the space. The pupils move around the space, when the teacher signals stop the pupils have to jump onto the spot using the different footwork patterns called out by the teacher, or pupils can select which pattern they perform.

Introducing shoe patterns and the ready position

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Example of whole class activity set up:



Equipment:

 Throw down spots