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ACTIVITY SHEETS

SKILL STEP LADDER ADJUSTABLE

TRADITIONAL USE:

To enhance agility, speed and coordination. Can be used as a training aid to enhance correct running techniques and acceleration.

OTHER APPLICATIONS:

Can incorporate into a circuit type class where students are to run backwards, sidestep, hop or jump through.

INDIVIDUAL, PARTNER OR GROUP ACTIVITIES:

Have students walk/run through the ladder while a ball is being tossed to them. Aids peripheral vision and coordination.

TABLOID SPORT ACTIVITIES:

Students are to form one line behind the ladder. Students are to first run, then sidestep, hop, skip, and two leg jump to the other end. Each completed pass earns a point.

Set up the ladder with a sport marker at various distances outside but on both sides of the ladder. Students are to run through and put their foot outside on the spot.

SUGGESTED ACTIVITIES/GAMES:

Pepper-Pepper:

Repeat Pepper Ladder Activity, but have the runner run through the rung spaces to the other end, touch hand inside the hoop at the other end, then return to start. How quickly can this be done? Time each other!

Pepper Pickup

Place a hoop at each end of the ladder. Place one beanbag in the start hoop, and two beanbags in the end hoop. Each runner in turn starts in the home hop, and on "go" signal runs through the rungs to pick up one of the beanbags placed at the other end. The runner return through the ladder rungs to place this beanbag inside the home hoop, picks up the second beanbag from the home hoop and runs it back to place it in the end hoop. The runner then picks up the third beanbag from the end hoop and runs to place it in the home hoop. Finished! How fast can this be done? Time each other!

