



Ladder Challenge

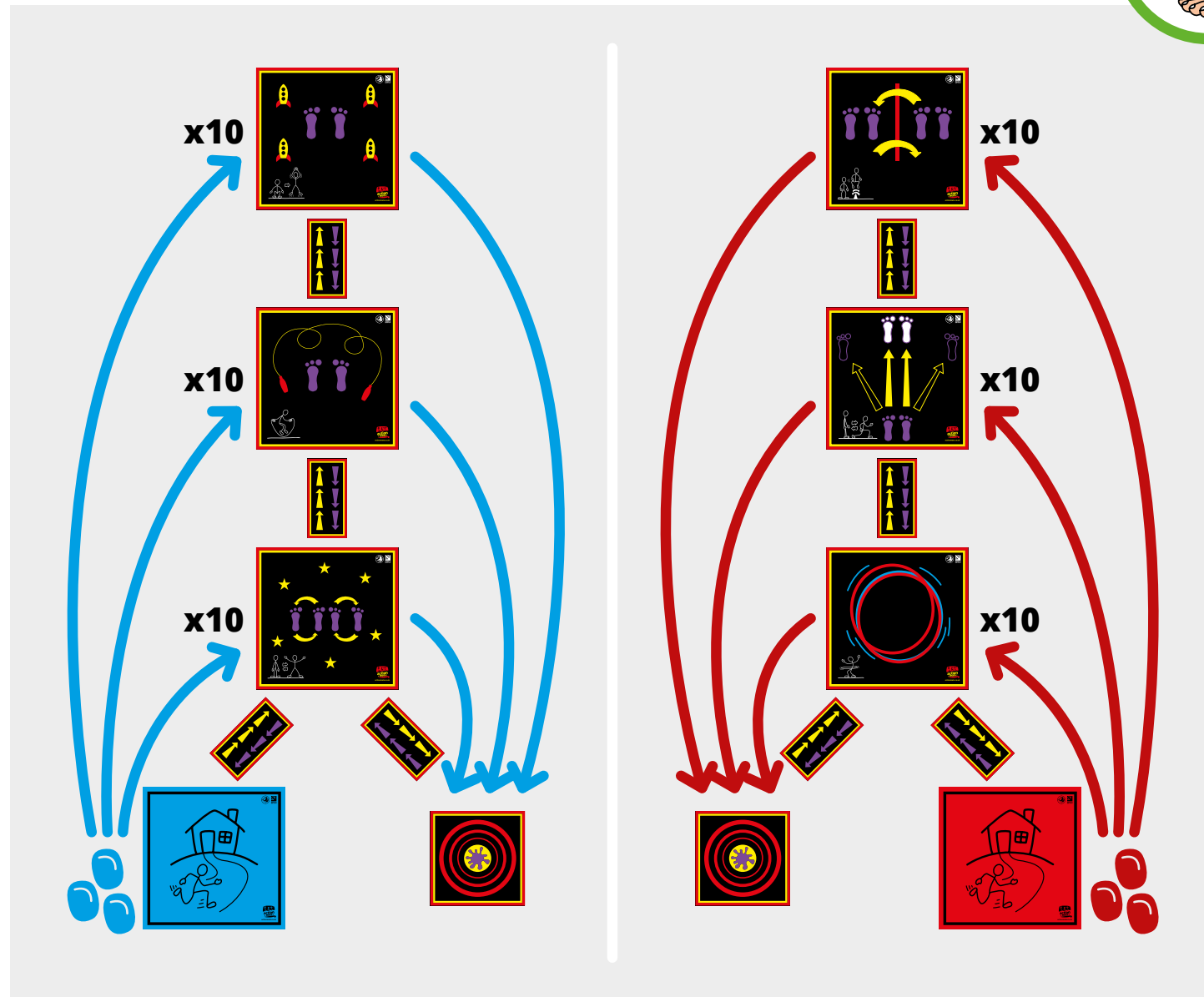
What's needed

- 2x Home Mats
- 10x Action Mats
- Arrow Mats
- Bean Bags
- Stopwatch/Timer
- Music

How to play

Each team has an equal amount of bean bags as Action Mats laid out in front of them. Player one carries a bean bag to the first Action Mat. Performs 10 reps of that activity and runs back to the target mat depositing the bean bag when they reach it. Player two races to the next mat and carries out the same routine, player three the next mat, four the next and so on and so on until all the bean bags have been transferred, via the ladder of Action Mats from Home to the Target.

The Setup





Suggested age range

KS1/KS2

Learning outcome

To develop speed, control & co-ordination in jumping, throwing, catching (isolated activities and combined)

Reference: Physical education programmes of study: key stages 1 and 2 National curriculum in England (DfE-00176-2013)

Success criteria (measuring impact)

Combining personal best with teamwork to successfully bring the bean bag back home as quickly as possible.

Risks to be considered

- Suitable clothing and footwear is worn by the children and anything that could obstruct or cause injury has been removed
- The right equipment is available and has been checked

- The area is safe and clear ensuring any hazards have been removed
- Safety information is highlighted to all
- SEND pupils and other vulnerable groups (e.g. EAL) have suitable support to take part in the activities

Assessment for learning questions (adapt for key stage)

Pre- activity:

- Why is teamwork important?
- What helps or hinders teamwork?
- What top tip would you give someone wanting to improve their jumping, throwing, or catching?

Post-activity:

- What did you do better or differently to improve?
- What difference did the pressure of time make on your performance?
- Where do you feel you could have done better?
- What would be your goal for next time?
- What have they learnt about themselves today?
- Team members can give feedback about how they felt they performed and where they can improve their performance

Warm Up

Perform two rounds for 30 seconds each. Rest for 10 seconds in between each exercise:

- Lunges 30 second /10 second rest
- Plank 30 second /10 second rest
- Press ups 30 second /10 second rest
- Rocket jumps 30 second /10 second rest
- Sit ups 30 second /10 second rest
- Star jumps 30 second /10 second rest



Differentiation and personalisation

- Use timers to count how many complete rounds can be done within a specific time frame
- Introduce response skills i.e. teacher calls out basic maths addition/subtraction questions and children need to respond correctly before they move onto the next mat. Can be used cross curricular
- Performs 10 repetitions of an activity and throw the bean bag back to player 2 who must catch it before they can move
- Ask a child to lead warm-up or cool down

Main focus

To use mental maths skills whilst working on their physical and motor co-ordination skills

Cool down

Teacher leads - 30 seconds per stretch

- Plank with a superman stretch
- Hula hoop motion without the hula hoops, slowly
- Static lunges with side stretch
- Static Rocket Jumps -Squat and lift
- Calf stretch

Reflect

In which activity do you think you have demonstrated your personal best?

What improved skills have you achieved?

Where do you feel you could have done better?

What would be your goal for next time?

What have you learnt about yourselves today?