Name/Title: Agility Ladder Challenge

Purpose of Event: To help students to practice their foot agility and body control.

Prerequisites: Locomotor movements

Suggested Grade Level: K-2

Materials Needed: Using floor tape, create six agility ladders around the outside of the basketball courts. Each ladder is about 12 feet long with 10 rungs. Two ladders are taped to the floor on each sideline and one ladder is taped on each end line. Note: these ladders are made with strips of tape attached to the floor. Create station cards to attach to a cone at each ladder. These cards should include a picture of the activity and a fun name of the skill.

Description of Idea

Divide the class equally depending upon the number of stations you have (keep numbers to 2 or 3) and assign them a starting station. Moving in a clockwise rotation around the room, have students read the card and perform that skill through the agility ladder. When they have finished have the group move to the next ladder, read the card and do the next skill through that particular ladder. Continue around the room until they have finished all stations.

Rules: Wait until the player in front of you is halfway through the ladder before you "GO." Do not pass!

Station Cards:

Kangaroo Jump - jump with both feet in each ladder space.

Flamingo Hop - hop on the same foot through the ladder.

Hip Hop - hop on one foot into the first ladder space, hop on the other into the next space - alternate feet.

Slide - facing sideways move leading foot into a space, the second foot follows into the same space then move leading foot into the next space.

Hopscotch - hop on one foot into the first ladder space, in next ladder space land on two feet spread apart (straddle), hop on one foot in the next space. Repeat this hop/jump pattern until you complete the ladder.

Horse - use a gallop - place leading foot in first space, follow with the other foot into the same space.

This idea brings agility ladders to the lowest level by using pictures instead of words. Even non-

readers can follow along!

Variations:

This can also be done like circuit training. A squad starts at a ladder and taking turns goes through the ladder using the station card as a guide. When the music stops, the whole group jogs clockwise to the next ladder, reads the card, and begins performing the skill through the ladder. Continue until all groups have performed all skills.

Once they have learned the different ways to move through the agility ladder, it can be an easy warm up. They can choose how they would like to move through the ladder as they jog clockwise around the gym.

This activity can also be done outside using chalk to make the agility ladders.

Assessment Ideas:

A great way to assess jumping and hopping skills. Have one station designated whatever skill you wish to assess and check students off as they come through.

Have students put together repeatable patterns using different movement concepts and locomotor skills or jump patterns.

Teaching Suggestions:

Play some upbeat music for fun!

Have students make up their own patterns and teach each other.

Adaptations for Students with Disabilities:

Use different locomotor skills like walking or crawling.

Wheelchair-bound students could dribble a ball, and have one hand dribbles represent hopping and two hand dribbles representing jumping.

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