24

10-13

10 %

12 %

0-9

Ladder Ins and Outs Task:

Approach: Year: 4 & 8 Open space Jumping Ladder (10 rungs)

Questions / instructions:

1. In - Out - Slow.

Start outside ladder - face ladderfeet together.

Jump feet together in the square. Jump feet together out of the square.

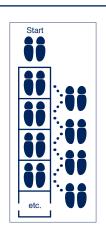
2. In - Out - Fast.

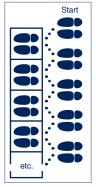
Start outside the ladder - face ladder feet together.

Jump feet together in the square. Jump feet together out of the square.

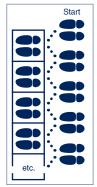
3. Side Jump - Slow. Start beside the ladder - feet together. Jump feet together into the square. Jump feet together out of the square.

4. Side Jump - Fast. Start beside the ladder - feet together. Jump feet together into the square. Jump feet together out of the square.





% responses



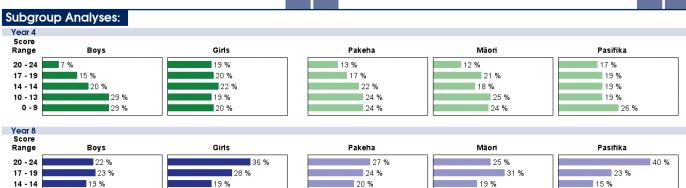
In and Out Fast:	y4	yo
Accuracy: always	11	27
mostly	38	39
sometimes	34	28
wrong pattern/no pattern	17	6
Body control/fluency/style:		
very good/excellent	12	31
good	37	35
moderately good	39	27
poor/not done	12	7
Side Jump Slow:		
Accuracy: always	35	47
mostly	35	34
sometimes	17	10
wrong pattern/no pattern	13	9
Body control/fluency/style:		
very good/excellent	19	34
good	44	43
moderately good	33	20
poor/not done	4	3
<u>Side Jump Fast:</u>		
Accuracy: always	23	37
mostly	41	39
sometimes	24	16
wrong pattern/no pattern	12	8
Body control/fluency/style:		
very good/excellent	15	34
good	38	41
moderately good	38	22
poor/not done	9	3
Total score: 20–24	13	22
17–19	18	31
14–16	21	19

v4 . v8



10 %

7 %



17 %

12 %

14 %

11 %

Commentary:

20 %

16 %

10 - 13

0 - 9

Girls at both year levels performed better than boys and Pasifika students did particularly well at year 8 level.