

Ladder Activities — A

Approach: Open space

Level: Year 4 and year 8

Resources: 3.5m long rope ladder with rigid rungs.

Instructions:

1. Ladder walk — Slow



Walk between the rungs —
lifting knees, swinging arms.

Accuracy & control:		% responses	
		y4	y8
consistently good	66	74	
mostly good	30	22	
moderate	3	4	
low	1	0	

2. Ladder run — Fast

Run between the rungs —
lifting knees, swinging arms.

Accuracy, control, speed:		% responses	
		y4	y8
consistently good	54	72	
mostly good	38	24	
moderate	8	3	
low	0	1	

3. Step in — step out — Slow



Step one foot then other foot
between each rung.

Accuracy & control:		% responses	
		y4	y8
consistently good	42	61	
mostly good	33	30	
moderate	20	8	
low	5	1	

4. Step in — step out — Fast

Step one foot then other foot between
each rung.

Accuracy, control, speed:		% responses	
		y4	y8
consistently good	10	35	
mostly good	35	41	
moderate	46	20	
low	9	4	

5. Sideways step in — step out — Slow



Sideways step one foot then other
foot between each rung.

Accuracy & control:		% responses	
		y4	y8
consistently good	70	85	
mostly good	21	14	
moderate	7	1	
low	2	0	

6. Sideways step in — step out — Fast

Sideways step one foot then other foot
between each rung.

Accuracy, control, speed:		% responses	
		y4	y8
consistently good	30	56	
mostly good	44	34	
moderate	24	9	
low	2	1	

Commentary

On average, about 20 percent more year 8 than year 4 students scored at the highest level. It appears that students took time to settle in the simple first task, with scores lower than would have been expected from the performances on the other tasks.