

Ladder Activities



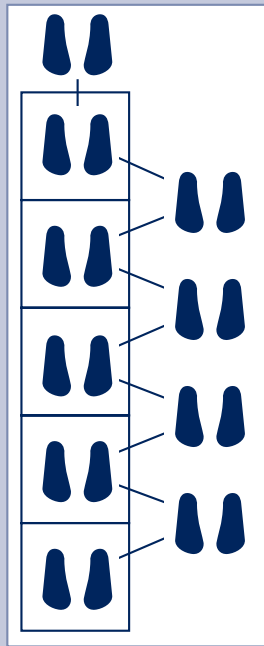
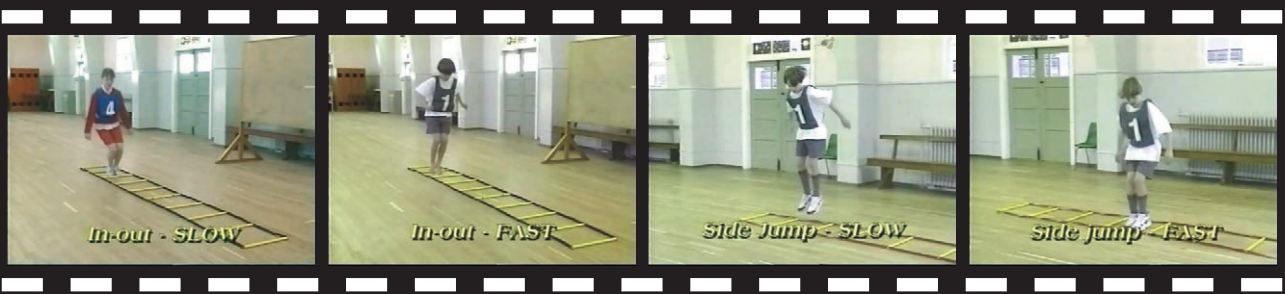
TREND TASK

Approach: Open space

Focus: Body control.

Level: Year 4 and year 8

Resources: Video recording on laptop computer, fabric and plastic ladder, 4 bibs.



In – Out

Questions/instructions:

1. In - Out - Slow

Start outside ladder -
face ladder - feet together.
Jump feet together **in** the square.
Jump feet together **out** of the square.

Accuracy/control:	always	4 (4)	22 (17)
	mostly	28 (27)	40 (33)
	sometimes	50 (57)	30 (42)
	other	18 (12)	8 (8)

Style/fluency:	very good/excellent	5 (2)	24 (14)
	good	34 (28)	45 (48)
	fair	52 (53)	28 (35)
	poor	9 (17)	5 (3)

2. In - Out - Fast

Start outside ladder -
face ladder - feet together.
Jump feet together **in** the square.
Jump feet together **out** of the square.

Accuracy/control:	always	3 (1)	13 (10)
	mostly	22 (24)	44 (40)
	sometimes	54 (61)	36 (42)
	other	21 (14)	7 (8)

Style/fluency:	very good/excellent	5 (4)	22 (17)
	good	35 (26)	40 (41)
	fair	48 (52)	34 (37)
	poor	12 (18)	4 (5)

% responses	
2002 ('98)	2002 ('98)
year 4	year 8

		% responses	
		2002 ('98)	2002 ('98)
		year 4	year 8
3. Side Jump - Slow			
Start beside the ladder - feet together.			
Jump feet together into the square.			
Jump feet together out of the square.			
Accuracy/control:	always	5 (7)	18 (17)
	mostly	38 (39)	45 (55)
	sometimes	46 (45)	30 (37)
	other	11 (9)	7 (1)
Style/fluency:	very good/excellent	4 (5)	19 (18)
	good	31 (39)	50 (53)
	fair	51 (45)	24 (24)
	poor	14 (11)	7 (5)
4. Side Jump - Fast			
Start beside the ladder - feet together.			
Jump feet together into the square.			
Jump feet together out of the square.			
Accuracy/control:	always	5 (4)	16 (17)
	mostly	31 (35)	46 (54)
	sometimes	49 (49)	32 (27)
	other	15 (12)	6 (2)
Style/fluency:	very good/excellent	4 (8)	23 (25)
	good	36 (36)	50 (50)
	fair	48 (44)	23 (22)
	poor	12 (12)	4 (3)

Side Jump

		% responses	
		2002 ('98)	2002 ('98)
		year 4	year 8
Total score:	28-32	2 (4)	15 (12)
	24-27	7 (6)	31 (17)
	20-23	26 (27)	24 (48)
	16-19	41 (36)	21 (18)
	12-15	19 (23)	8 (4)
	0-11	5 (4)	1 (1)

Commentary:

About 30 percent more year 8 than year 4 students performed at a high level on each task component. There was little change in performance between 1998 and 2002 for year 4 students, but a small improvement for year 8 students (on the first pattern only).