

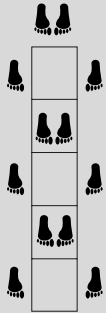
Approach: Open space

Level: Year 4 and year 8

Resources: 3.5m long rope ladder with rigid rungs.

Instructions

1. In—in Out—out — Slow



Start both feet astride of ladder. Step one foot in — other foot in
Step one foot out — other foot out.

Accuracy & control:		
consistently good	39	64
mostly good	30	23
moderate	20	10
low	11	3

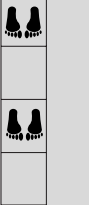
2. In—in Out—out — Fast

Start both feet astride of ladder.
Step one foot in — other foot in.
Step one foot out — other foot out.

Accuracy, control, speed:		
consistently good	14	36
mostly good	36	37
moderate	35	23
low	15	4

3. Front on jump

Start at the front of the ladder — feet together.
Jump into every second square.



Accuracy & control:		
consistently good	78	86
mostly	17	11
moderate	4	2
low	1	1

4. Side on jump



Start at the front of the ladder — facing sideways — feet together.
Jump one square at a time.

Accuracy & control:		
consistently good	43	65
mostly good	46	29
moderate	9	5
low	2	1

5. Hop - hop



Start outside ladder — face the ladder.
Hop one square at a time — starting right foot.
Change to left foot at striped rung.

Accuracy & control:		
consistently good	28	59
mostly good	43	30
moderate	24	9
low	5	2

Commentary

On average, about 20 percent more year 8 than year 4 students scored at the highest level.