



UP THE LADDER



Feet shoulder width apart

Knee comes up 90°

Arm and opposite leg work together as though climbing a ladder

Work on balls of feet

INTENSITY

-   Use same leading arm and leg
-    Use opposite leading arm and leg
-    Climb quickly up the ladder

WHY?

- Developing reciprocal bilateral movement supports developing writing skills
- Raising heart rate

WHERE?

- Classroom
- School hall

WHEN?

- Beginning and end of lessons
- Energiser during lessons

WOW!

- Increase speed of climb
- Increase height of stepping action
- Face a partner and try to mirror their movements

Fold along line