

# Ladder PE Tasks

## 10 Ladder Activities

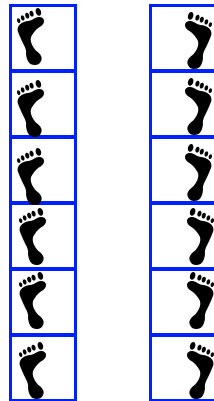


The PE Shed

- What you'll need**
- Athletics ladder or chalk to draw it
  - Foot Spots (if appropriate)



1. Jump on 2 feet in each square.



2. Hop on 1 foot in each square.



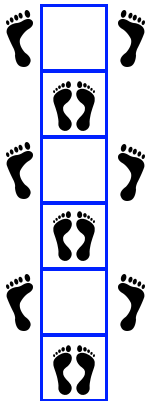
3. Step with both feet in each square.



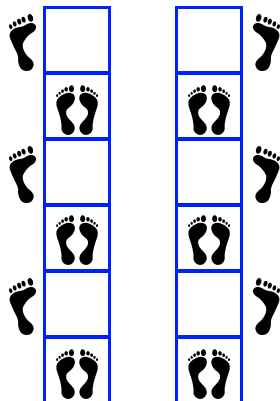
4. Side jumps with 2 feet in each square. Left to right first and right to left second.



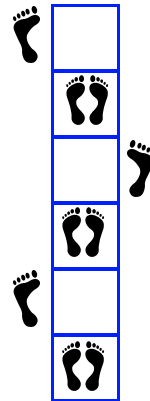
5. Side steps with both feet stepping in each square.



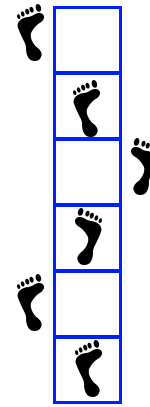
6. Jump on 2 feet in the square then 2 feet out of the square. Repeat.



7. Jump on 2 feet in the square then 1 foot hops out of the square. Try left foot hops first and then do it again with right foot hops.



8. Jump on 2 feet in the square, hop out on the left foot, jump on 2 feet in the square and then hop out on the right foot. Repeat.



9. Hop on 1 foot using the following this pattern



10. Jump on 2 feet using the following pattern.