UP THE LADDER

Feet shoulder-width apart

Arm and opposite leg work together as though climbing a ladder

Knee comes up 90°

Work on balls of feet

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

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