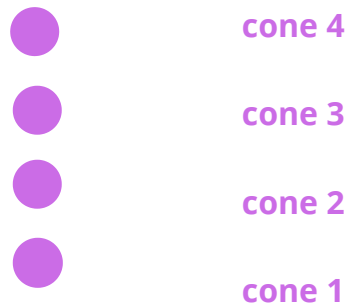




Climb the ladder



Are you ready to Climb the Ladder?

- Place 4 cones on the floor, each 2 metres apart, as shown above.
- When the timer starts, players in Year 1 and 2 must run from cone 1 and touch cone 2, then back to cone 1. They then run and touch cone 3, then back to cone 1. Then they run and touch cone 4 and back to cone 1. They 'climb the ladder' this way. Always returning to cone 1 after touching the other cones.
- Children have 30 seconds to climb the ladder as many times as possible, a 'full climb' is cone 1 to cone 2 to cone 1 to cone 3 to cone 1 to cone 4 and back to cone 1.
- If a child did three full climbs and then made it cone 3 on their last attempt before time ran out, their score would be 3 climbs plus cone 3. If they did 4 full climbs and made it to cone 2 on their last attempt before time ran out, their score would be 4 climbs plus cone 2.
- You have until the deadline to complete the challenge with as many children as you want in years 1 and 2, then please complete and email back the attached scoresheet.
- When completing the scoresheet please put the number of children that competed in each year but please ONLY put the name and score of the top scorer in each year.
- Send your results back to d.sweeney@kirkbyhighschool.net by **Friday 12th February**.

**SCHOOL
GAMES**