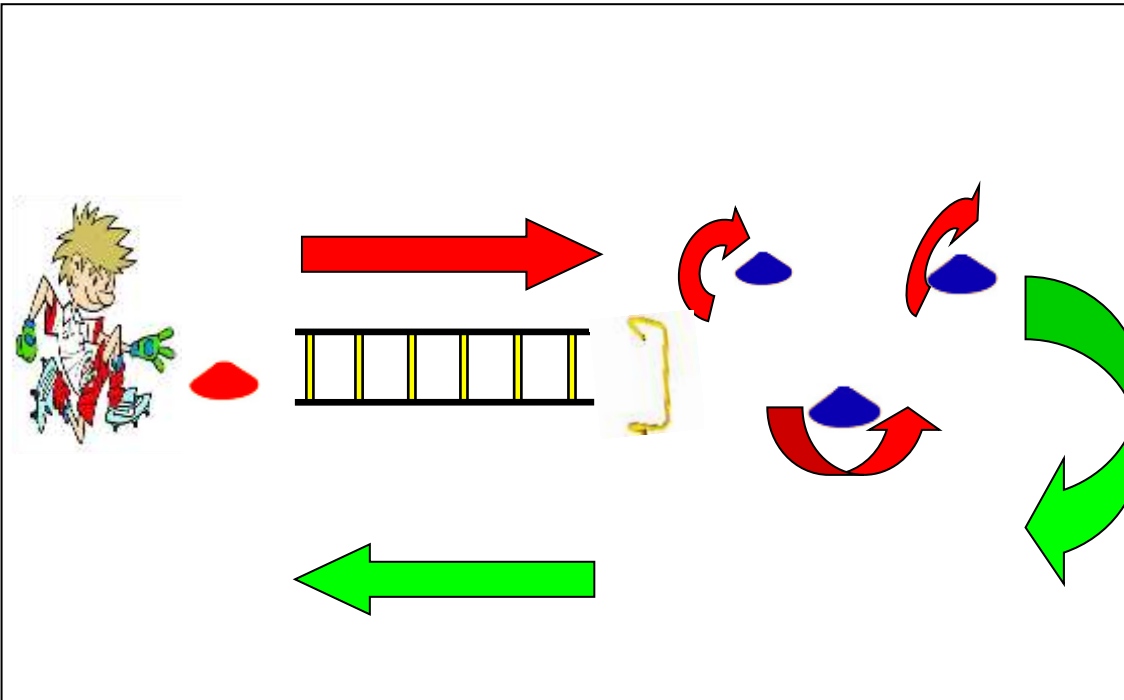


### STATION 3: RUNNING Activity: Ladder Relay



#### FOCUS

- Develops child's co-ordination and running technique

#### RULES - HOW TO PLAY

- Walk/Jog through ladder
- Place one foot in each space at a time
- Jump over hurdle
- Run around the domes
- Jog down the side on way back
- Tag partner



## **HARDER**

- Speed up – Brisk Walk, Jog or Run
- Travel sideways/backwards through ladder
- Two feet in each square

## **EASIER**

- Slow movement down and emphasise one leg/arm at a time
- Walk at side of ladder

## **COACHING POINTS**

### **HEAD**

- Head up and look ahead

### **HANDS**

- Left arm/right leg vice versa
- Swing arms bend at elbows

### **FEET**

- Bend legs and drive knees up
- Left leg/right arm vice versa
- Synchronise leg and arm movement

## **EQUIPMENT**

- Ladder
- Domes
- Hurdle