

# Human Ladder



## Objective

A competitive and cooperative physical activity.



## Equipment

- Cones
- Pool noodles or skipping ropes



## Preparation

- Split the children equally into appropriate groups, taking into consideration ability and space available.
- Place a coloured cone in front of each team and another one approximately 20m in front of them.
- Pair children up in each team and sit them parallel facing each other.
- Give each pair a pool noodle that they must hold and place on the floor in front of them.



## Instructions

- Each pair of children uses their turn to extend their team's ladder by running over the steps that their team-mates have set down to the top of the ladder.
- They then set down their pool noodle to create another step. (When they create their step, they must be close enough to touch the players from the previous step.)
- This continues until their team's ladder reaches the farthest cone. All the team members can run up the ladder and seat themselves by the cone to show that they have completed the game.
- This will continue until each team makes it to the other cone.
- Provide the children with the rules: the noodle must always stay on the floor except when running, only one pair in each team can run at a time, each pair must run together and not separately.
- Each team must work cooperatively to find the most effective/efficient way to get from one cone to another in a ladder formation.



## Other information

- Children must ensure the noodles stay flat on the floor for children to run over.
- Ensure that there is equal distance between the noodles for children to run over safely.

