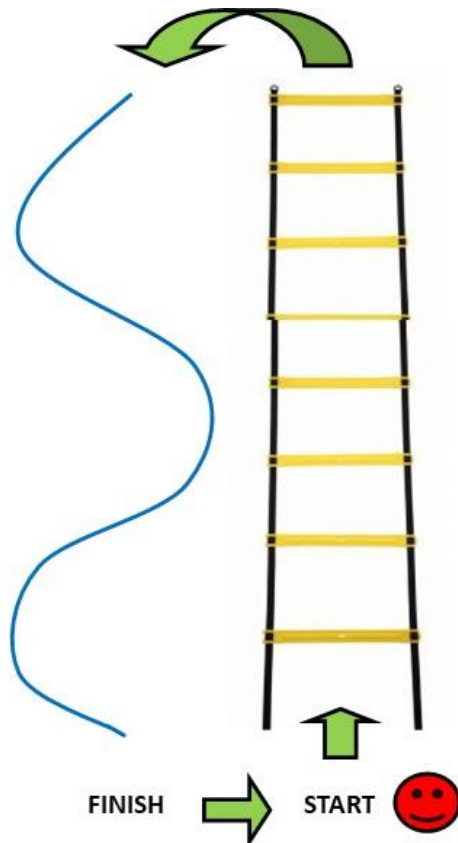


## Islington Personal Challenges

### Week 1: Snakes and Ladders



- You will need a ladder, or spots to step on. You will also need line markers, skipping rope or similar to walk along.
- Lay the ladder out in a straight line
- Next to the ladder place the line markers snaking back towards the bottom of the ladder
- the aim is to run up the ladder placing a foot in each square, then back along the line markers (snake) to the start
- 60 seconds to do as many laps as you can

[See here for a video demonstration](#)

#### Teaching Points;

- Looking forward to target
- Lean slightly forward to accelerate
- Land on the ball of the foot as you run
- Drive arms opposite to legs
- Elbows bend at 90
- Place one foot in each space of the ladder
- Lean slightly backwards to slow down when reaching the end to turn
- Place one foot in front of the other to run along the snake
- Keep your upper body relaxed and still, and use your arms to the side to help keep your balance



To take part in the Islington virtual competition submit your scores to [sports@islington.gov.uk](mailto:sports@islington.gov.uk) (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including past challenges visit [www.islingtoncs.org/pesspa](http://www.islingtoncs.org/pesspa)

## Islington Personal Challenges

### Examples of how you could use or fit the personal challenge into the school day

Snakes and Ladders is an agility and footwork based challenge. It helps to support the develop of fundamental skills by practicing running, turning at speed, using different footwork patterns and co-ordination and control to step along the ladder and keep your balance throughout the challenge to be as fast as you can. These skills will help with many everyday activities as well as numerous sports, the footwork skills especially will be useful for basketball, tennis, and athletics events like the hurdles.

#### PE Lessons

For a lesson snakes and ladders would be best used as a break out activity or starter for fundamental skills. For example fitting the challenge as skill development and practice alongside a core task. Snakes and ladders could be a task for pupils to complete when they arrive as a warm-up, additionally it may feature in the main part of the session where agility and footwork is one of the key themes, then breaking out into the snakes and ladders challenge to work on technique. This time would be used to observe and provide feedback as well as peer feedback and self-review to encourage pupils to think about their technique and tactics. You could then progress the challenge to emphasis different footwork patterns, travelling in different ways, changing the shape of the snake to run along or introduce extra tasks to build up the challenge into a circuit type activity.

#### Extra-Curricular: Break and Lunchtimes or clubs

For an extra-curricular club or lunchtime session the best approach would be used as part of a fundamental skills session, including the activity as part of a rotation of agility, balance, co-ordination and combination games. This could be setup selecting a variety of challenges or fundamental movements skills and splitting pupils into smaller groups and rotate around those activities

Snakes and ladders could also be used as part of a games clubs or an alternative athletics activity as part of any races or relays used in the lesson. The challenge provides a fun test and some different skills and footwork to practice, and could possibly link to hurdles challenges in particular. Additionally you could progress the challenge to include a variety of sport specific or other fundamental skills for example running along the ladder, a football or basketball pass at the end, then back along the snake to the start.

As a standalone challenge during a break or lunchtime, staff or young leaders could be given the items of equipment and space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Zoning the playground will help keep a safe space.

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