



EduTrend Contents

G4C · COORDINATION AND AGILITY GAMES · MIDDLE SCHOOL

Agility Ladder Lab

Learn footwork patterns on a chalk or rope ladder and time your progress

Ages 11–13

Level: Intermediate

45 minutes

Groups of 3–4 · up to 30

Activity 03

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 03 · AT A GLANCE

Agility Ladder Lab

Each group has a ladder drawn in chalk or made from rope, with ten squares. Students learn four patterns: two feet in each square, one foot in each, in-in-out-out sideways, and hopscotch. A partner times each run and counts touches on the lines. Students practise, retime and plot their best times, discussing whether speed or accuracy improved first.

Learning outcomes

By the end of the session students can:

- perform footwork patterns;
- time and record runs;
- balance speed and accuracy;
- explain improvement with data.

KEY WORDS

agility · footwork · pattern · time · accuracy · practice

CURRICULUM LINKS

PE: agility and footwork. Maths: timing and graphs. Science: reaction and practice.

1**WARM UP**

Get moving safely

2**EXPLAIN**

One rule at a time

3**PLAY**

Short rounds

4**ADAPT**

Easier or harder

5**TALK**

What helped?

6**COOL DOWN**

Calm and review

Materials (per group)

- Chalk or rope ladders
- Stopwatches
- Pattern cards
- Worksheets 1, 2 and 3

Before the session

- Draw or lay ladders.
- Prepare pattern cards.
- Check surface is non-slip.
- Plan groups.

SAFETY

Non-slip surface only. Stay light on the feet.
Keep waiting students behind the start line.

ACTIVITY 03 · SESSION PLAN

Step by step

Accuracy first, then speed: a line touch adds one second.

Time	What happens	Say or ask
0–8 min Warm up	Skipping and quick feet.	<i>"Can you stay on your toes?"</i>
8–15 min Learn	Four patterns slowly.	<i>"Which foot goes first?"</i>
15–38 min Practise and time	Runs, penalties, retimes.	<i>"Did accuracy or speed improve?"</i>
38–45 min Review	Plot best times.	<i>"What does your graph show?"</i>

CHALLENGE CARD (print or copy onto the board)

Improve your best time on each pattern without touching the lines.

ACTIVITY 03 · FACILITATOR NOTES

The game know-how in brief

Agility is changing speed or direction quickly while staying balanced; footwork patterns train it.

Practising slowly and accurately first builds the movement pattern; speed then improves more safely.

Common ideas to listen for

- “Speed first.” Accuracy first.
- “Agility is just being fast.” It includes balance and control.
- “One run shows your level.” Practice changes results.

Adapting the activity

Support

Use two patterns and a wider ladder.

Stretch

Add a reaction call to change pattern mid-run.

WORKSHEET 1

Ladder times

Name: _____

Class: _____ Date: _____

Record runs.

Ladder times

Pattern	Run 1 (s)	Run 2 (s)	Best (s)
Two feet in			
One foot in			
In-in-out-out			
Hopscotch			

WORKSHEET 2

Line touches

Count errors.

Line touches

Pattern	Touches run 1	Touches run 2

WORKSHEET 3

What improved

Use your data.

My times show... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Performs patterns	Records accurately	Explains with data

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Agility Ladder Lab is a sample activity from the EduTrend Contents G4C Coordination and Agility Games programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.