

Alert Card 1: Ladders

- 1) Start with this 'Alerting' activity.
- 2) Children to run up and down the ladders.
- 3) Time them for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a 'Concentration' station after this one.



Equipment:

- Ladders
 - Cone
 - or throw down strips
 - Timer
- Extras:
- Beanbags
 - Box

- You can use pupils special interest to engage them eg putting things in and out of a box
- Shuttle Runs - Collect a bean bag and put it in the box, repeat until all collected

