

21 LADDERS



HOW MANY CAN
TAKE PART

6+

AGE RANGE

PRIMARY

WHAT'S NEEDED

- No equipment required

HOW TO SET UP

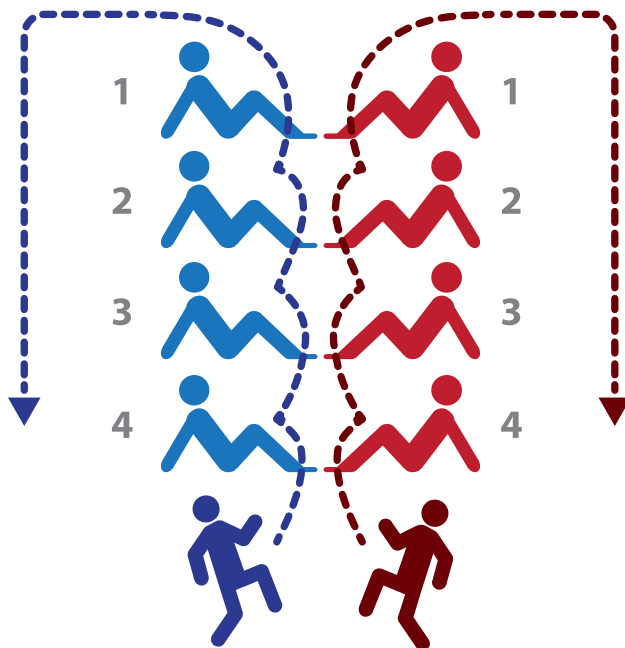
Pair players together and ask them to sit on the floor facing each other with the soles of their feet together. Each pair sit side by side to form a ladder with their legs. Number each pair 1,2,3 and so on.

HOW TO PLAY

On the call of their number, the pair stand up and run down the ladder (stepping over the legs of the other players) and back up the outside returning to their place. The first player to sit down wins a point for their team.

ADAPTATIONS

- Change the distance between the ladder rungs/length of the ladder
- Introduce items for the players to carry



Use a sum to call
the number



Increase the
number of laps
the players do
each time



Add an item for
players to carry or
pass with their team
mates along the route