Mr. Paul Mackinnon’s K-2 Physical Education Classes

Activities for Today: Wednesday, November 10th, 2021

I hope you are doing well! It is chillier out today, but I would suggest where possible to try this activity outside!

My plan for you today is to get you to try another little game developed at the beginning of the pandemic. It is called “Climb the Ladder”, which is basically setting up a simple plastic cup target on either the first flat rung of a step ladder or the first step of a set of stairs. Essentially you shoot at it and move it up the steps/ladder each time it is hit.

Use the link below to get a little inspiration to set up your “Climb the Ladder” set up (outdoors preferably) in your own play space: (Go to the 1 min and 2 seconds mark on the video that features Climb the Ladder!)

<https://youtu.be/4e0wegaoFlo>

Set up of the game in a nutshell: If possible, set up a target line about 10 feet back from your steps/ladder. As with Aerobic Bowling, you will need to retrieve your ball or sock before taking your next shot. When you topple or even brush the target, you can then move up the cup target up to the next step or stair. How many rungs or steps you climb depends on your set up? Have fun with this! Perhaps set a timer for 30 seconds and see how many steps you can climb in the time frame. Repeat the challenge several times to see how much your accuracy can improve.

Try this activity initially with underhand throwing. Then switch to overhand throwing. I provided the cues and a video clip of my daughter below to give you a good visual for the proper mechanics of an overhand throw. You do not need a partner for this one, however, it would be a way more fun to play it with a friend or sibling. Challenge one another to see who can “climb the ladder” highest in their 30 second time frame.

All you need: A small ball or bundle of socks

A plastic cup (something you can knock over)

An open space to set up your ladder or a set of steps to shoot towards

Overhand Shooting Cues: Toes and eyes are toward target. Clutching ball, rotate your bent arm up and back so your hand passes your throwing side ear. As you bring your arm forward, with your hand passing back past your ear, extend your bent arm toward the target. As you begin the forward arm motion, you should be stepping forward toward the target with your opposite foot. Be sure to ‘follow through’ by extending your fingers directly toward the target!

Use the link below to visually review the overhand throwing cues.

[IMG\_0149Overhand shooting.MOV](IMG_0149Overhand%20shooting.MOV)

Climbing the Ladder is great game for improving your accuracy and getting your heart rate up! Have fun!

-Mr. Mackinnon