

The Ladder Challenge

The Challenge

How long does it take to run through the ladder 10 times?

- Place a marker on the ground.
- Stride 6 steps and place another marker on the ground.
- Make a ladder by placing 6 socks equal distance apart between the markers.
- Start next to a marker at one end and run through the ladder touching both feet down between each sock.
- Turn at the end and run back through the ladder.
- How long does it take you to run through the ladder 10 times?

- Always have adult supervision.
- Make sure the surface is flat.
- Make sure there are no obstructions.

What you need:

- 6 x socks
- 2 x markers
- 1 x timer

