



HSSP VIRTUAL PRIMARY SPEED AGILITY QUICKNESS LADDER COMPETITION '22-23



We would like to invite your school to take part in our SAQ ladder competition.

- On the next few slides are a set of challenges.
 - Each challenge has a picture and an explanation.
 - There are different challenges for years 1 & 2, years 3 & 4 and years 5 & 6
 - Each challenge has to be completed a set number of times (2 repetitions for years 1&2, 3 repetitions for years 3&4, 4 repetitions for years 5&6) and the total number of seconds recorded.
 - This will be an inter competition – your school against other schools, but you will not meet up – it will be done virtually.
 - You can also use it as an intra competition/personal challenge, a competition within your school. It might be individuals against each other, class v class or an inter house competition.
 - There are sheets for you to record results on this PowerPoint and an excel spreadsheet (attached to the email) for you to fill in and return to us if you would like to compete against other schools.
 - All of your children can take part in these challenges but we only want you to send us the results from your 10 best pupils (total up the number of seconds it took for each pupil to complete the 2 challenges – then look for the quickest 10 scores).
 - We would like you to also record the total number of pupils and sport leaders from all year groups who took part in the challenges
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- Children could do these challenges at lunchtime, but your staff might prefer to do them as a set of lessons.
 - There is no limit to the number of times that the children can attempt each challenge – and they only need to record their best result.
 - To practice and DIFFERENTIATE for each pupil, for e.g. SEN children (make challenges easier/don't record the time taken) and talented children (make challenges more complex) can have a go at any of the many age group challenges relevant to their abilities and teachers can create their own/different ladder challenges to provide a wide range of different practices for their class. **However**, when competing/recording individual times for submission to this HSSP Virtual competition, teachers must follow the exact challenge cards instructions below
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- The amount of equipment that you will need is minimal – agility ladders and a stop watch

Equipment

Ladder with 9 spaces (4m)

Eg. Ziland agility ladder £14.50 from Newitts
Stopwatch



Record your results

It is important that your results are accurate, but the teacher doesn't have to do all of the work! Each challenge could be done as part of a PE lesson **OR** they could be set as a challenge to do at lunchtime. We actively encourage classes to deploy young/sport leaders to help demonstrate, time and score children's best attempt times.

Create a chart

The results could be displayed in the classroom as a paper copy **OR** could be shown electronically to the whole class after everyone has completed the challenges.

Send your results to us

All results will have to be electronically sent to your School Games Organiser via email using the attached excel spread sheet. **PLEASE INSERT CHRISTIAN NAMES/INITIALS ONLY.**

****** You will need to verify that your results are correct. Lunchtime supervisors could oversee the challenges **OR** they could be filmed so that you can check any outlandish results. (You can film more than one child at a time). If we receive any results that we deem to be unusual, we would ask you to send us proof – **please film the child from behind.********

The completed excel spreadsheet should be emailed to: -

Claire Moore: moorec@thehowardschool.co.uk

by: -

Friday 7th July 2023

SAQ

Year 1 and 2

We have set 2 challenges

- quick feet
- Hopscotch (both feet)

The teacher/TA/sports leader has to record the time it takes for the pupil to complete the challenges twice.



If you have enough throw down feet, you could place them on the ground so that the children can learn the pattern for the challenge.

Allow plenty of time for the children to practice each challenge.

Children can practice these at home – they could put some socks on the ground.



Quick Feet

YEARS 1 and 2 (challenge one)

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

EQUIPMENT & SPACE:

Each group of pupils will need a **speed ladder and a stopwatch**. Use an appropriate space for the number of children and ladders you have.

CHALLENGE

Place one foot at a time into alternate ladder space. When the pupil reaches the end of the ladder they run back to the start

= 1 repetition

For example: -

- left foot into first ladder space
- Right foot into the second ladder space
- Left foot into third ladder space
- Right foot into fourth ladder space



RESULTS

Record the number of seconds it takes for the participant to complete **2 repetitions CORRECTLY**

LEADERSHIP

Sport Leaders can record times and encourage children under the supervision of classroom teaching staff.

Hopscotch (both feet)

YEARS 1 and 2 (challenge two)

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

EQUIPMENT & SPACE:

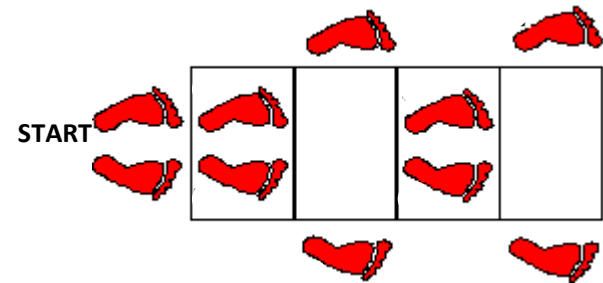
Each group of pupils will need a **speed ladder and a stopwatch**. Use an appropriate space for the number of children and ladders you have.

CHALLENGE

Jump into 1st ladder space then jump both feet out with one foot landing either side of the next ladder space. Repeat pattern. When the pupil reaches the end of the ladder they run back to the start = **1 repetition**

For example: -

- jump into 1st ladder space
- jump to the outside of the 2nd ladder space
- jump into 3rd ladder space
- jump to the outside of the 4th ladder space



RESULTS

Record the number of seconds it takes for the participant to complete **2 repetitions CORRECTLY**

LEADERSHIP

- **Sport Leaders** can record scores and encourage children under the supervision of classroom teaching staff.

YEARS 1 & 2

	NAME	QUICK FEET	HOPSCOTCH (BOTH FEET)	TOTAL NUMBER OF SECONDS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	QUICK FEET	HOPSCOTCH (BOTH FEET)	TOTAL NUMBER OF SECONDS
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

SAQ

Year 3 and 4

We have set 2 challenges

- Hopscotch (1 foot)
- Dancing feet

The teacher/TA/sports leader has to record the time it takes for the pupil to complete the challenges three times.



If you have enough throw down feet, you could place them on the ground so that the children can learn the pattern for the challenge.

Allow plenty of time for the children to practice each challenge.

Children can practice these at home – they could put some socks on the ground.



Hopscotch (one foot)

YEARS 3 and 4 (challenge one)

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

EQUIPMENT & SPACE:

Each group of pupils will need a **speed ladder** and a **stopwatch**. Use an appropriate space for the number of children and ladders you have.

CHALLENGE

Hop into 1st ladder space then jump out so that both feet land either side of the next ladder space. Repeat pattern using same hopping foot. When the pupil reaches the end of the ladder they run back to the start = **1 repetition**

For example: -

- Hop into 1st ladder space
- Jump to the outside of the 2nd ladder space
- Hop into 3rd ladder space
- Jump to the outside of the 4th ladder space



RESULTS

Record the number of seconds it takes for the participants to complete **3 repetitions CORRECTLY**

LEADERSHIP

- **Sport Leaders** can record scores and encourage children under the supervision of classroom teaching staff.

Dancing feet

YEARS 3 and 4 (challenge two)

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

EQUIPMENT & SPACE:

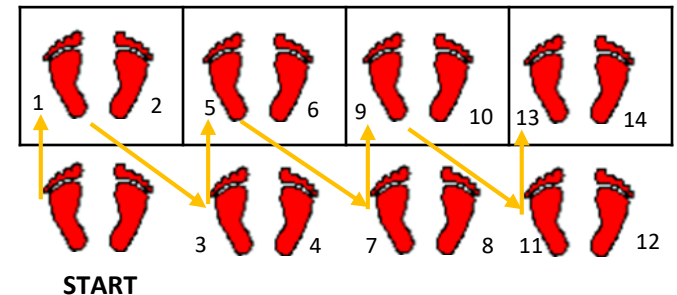
Each group of pupils will need a **speed ladder** and a **stopwatch**. Use an appropriate space for the number of children and ladders you have.

CHALLENGE

Place one foot at a time into the same ladder space, then move them one at a time to the outside of the ladder. When the pupil reaches the end of the ladder they run back to the start = **1 repetition**

For example: -

- left foot into 1st ladder space, followed by right foot into the 1st ladder space
- left foot moves outside ladder, followed by right foot moving outside ladder
- Repeat in the 2nd ladder space



RESULTS

Record the number of seconds it takes for the participant to complete **3 repetitions CORRECTLY**

LEADERSHIP

Sport Leaders can record scores and encourage children under the supervision of classroom teaching staff

YEARS 3 & 4

	NAME	HOPSCOTCH (1 FOOT)	DANCING FEET	TOTAL NUMBER OF SECONDS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	HOPSCOTCH (1 FOOT)	DANCING FEET	TOTAL NUMBER OF SECONDS
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

SAQ

Year 5 and 6

We have set 2 challenges

- The crab
- Quick double feet

The teacher/TA/sports leader has to record the time it takes for the pupil to complete the challenges four times.



If you have enough throw down feet, you could place them on the ground so that the children can learn the pattern for the challenge.

Allow plenty of time for the children to practice each challenge.

Children can practice these at home – they could put some socks on the ground.



The Crab (sideways)

YEARS 5 and 6 (challenge one)

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

EQUIPMENT & SPACE:

Each group of pupils will need a **speed ladder** and a **stopwatch**. Use an appropriate space for the number of children and ladders you have.

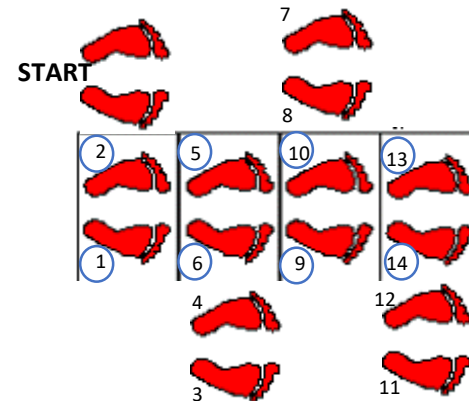
CHALLENGE

Start at the side of the first ladder space and place one foot at a time into the same ladder space, facing sideways like a crab. Both feet have to be in the same ladder space before moving them one at a time out of the ladder space. When the pupil reaches the end of the ladder

they run back to the start = **1 repetition**

For example: -

- step into 1st ladder space – right, left
- step out to side – right, left
- step into 2nd space – left, right
- step out to side - left, right



RESULTS

Record the number of seconds it takes for the participant to complete **4 repetitions CORRECTLY**

LEADERSHIP

- **Sport Leaders** can record scores and encourage children under the supervision of classroom teaching staff.

Quick Double feet ⁽¹⁻²⁾

YEARS 5 and 6 (challenge two)

A challenge that helps to develop the Speed, Agility and Quickness (SAQ) of pupils footwork. It will help develop their Agility, Balance and Coordination (ABC) at the same time, which can be transferred to a range of different sports.

EQUIPMENT & SPACE:

Each group of pupils will need a **speed ladder and a stopwatch**. Use an appropriate space for the number of children and ladders you have.

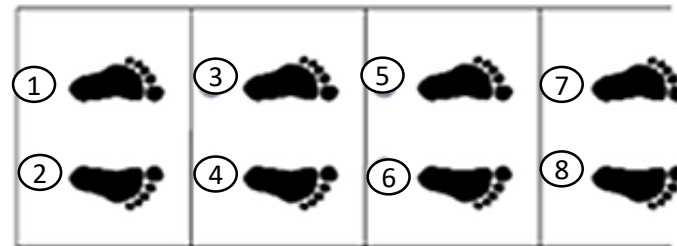
CHALLENGE

Place one foot at a time into the 1st ladder space. Once both feet are in the same ladder space, put one foot and then the other into the next ladder space. When the pupil reaches the end of the ladder they run back to the start = **1 repetition**

For example: -

- left foot into 1st ladder space
- Right foot into the 1st ladder space
- Left foot into 2nd ladder space
- Right foot into 2nd ladder space

START



RESULTS

Record the number of seconds it takes for the participant to complete **4 repetitions CORRECTLY**

LEADERSHIP

Sport Leaders can record scores and encourage children under the supervision of classroom teaching staff.

YEARS 5 & 6

	NAME	THE CRAB	QUICK DOUBLE FEET	TOTAL NUMBER OF SECONDS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	THE CRAB	QUICK DOUBLE FEET	TOTAL NUMBER OF SECONDS
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				