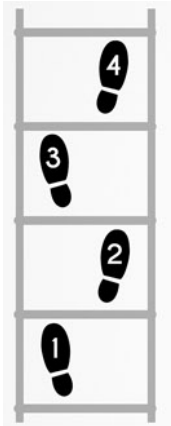


AGILITY LADDER CHALLENGE

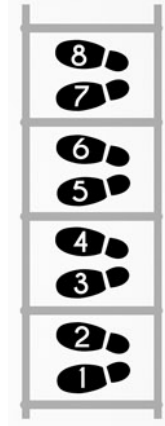
Draw a ladder with chalk or create a ladder using a skipping rope and complete the foot patterns shown in the ladders below. Record down how many times you can go through each ladder in 1 minute. Write down your best time out of 3 attempts of completing the patterns.



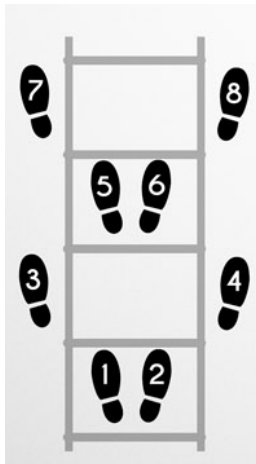
BEST TIME: _____



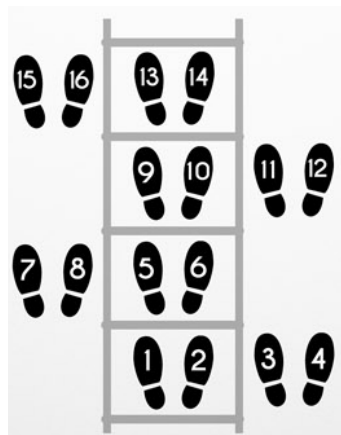
BEST TIME: _____



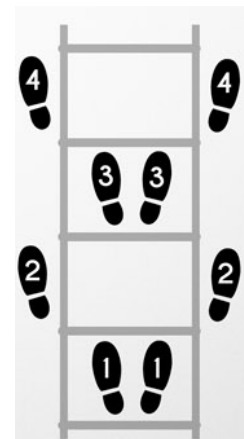
BEST TIME: _____



BEST TIME: _____



BEST TIME: _____



BEST TIME: _____