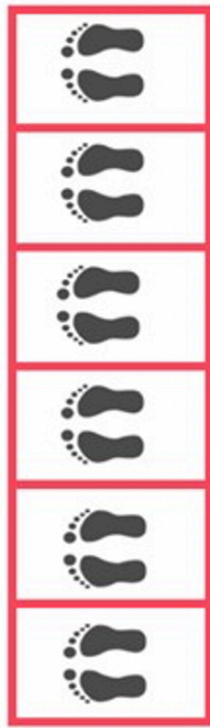


Foundations KS1 Ladders



Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet



Step 1 foot in then another. Go back to the start and jump 2 feet to 2 feet. Go back and repeat leading with left foot.



Jump 2 feet in then 2 feet out up the ladder.



Hop following the pattern. Go back to the start and repeat leading with right foot