Playground Stencils for Loan

North Bay Parry Sound District
Health Unit
Bureau de santé
du district de North Bay-Parry Sound

345 Oak Street West, North Bay, ON P1B 2T2 TEL: 705 474 1400   myhealthunit.ca
70 Joseph Street, Unit 302, Parry Sound, ON P2A 2G5 TEL: 705 746 5801   TOLL FREE: 1 800 563 2808

Playground Stencil Instructions

The North Bay Parry Sound District Health Unit is delighted to provide you with these playground game stencils to encourage physical activity.

Carefully follow the instructions below in order to make the best use of this resource.

1. Determine which stencil(s) you would like to use – see attached list of stencils

2. Ensure that the dimension of the game(s) that you have chosen will fit in your chosen space.

3. Ensure the space that you will be painting on is as clean as possible. Sweep the area surface to remove debris, pebbles, and sand.

4. If you are using these stencils on an outdoor surface, check the temperature. The spray paint works best at temperatures of 5 degrees above zero Celsius, or warmer. It is also best to choose a day with little wind. Spray paint must be used with the stencils. To order your paint, or for paint specifications click here.

5. Lay out your chosen stencil as you want it to appear. Some stencils will require assembly. Lay down the pieces and use masking tape to hold the stencils together and to hold them securely to the surface you are painting on.

6. Follow all of the necessary safety precautions when using spray paint. Face masks, gloves, eye goggles and protective layers for shoes and clothes are recommended and not included in this lending kit. Carefully review the directions for use, safety precautions and first-aid information written on the can.

7. Spray the paint in the open sections of the stencil. Two thin layers of paint are better than one thick coat. Allow the paint to dry between coats and before lifting the stencil.

8. Remove any tape and place the stencil back in the carton that it came in.

9. Instructions for playing each game are included in the following pages.

Photos and game instructions have been provided courtesy of Fast Line Striping Systems (www.fastline.net)

Playground Stencils for Loan

3 Point Arc for Basketball Key (Large)

4-Square (Big)

Alphabet Hopscotch

Basketball Key, Canadian (Full Size)

Bull's Eye Toss

Five a Day! Fruits & Vegetables

Footprints

Giant ABC Circle Giant Dartboard Hopscotch with home

It's Your Choice (Conflict Resolution Circle)

Mirror Me

Pin-Wheel Circle Hopscotch

Playground Math Calculator

Playground Pond

Rocket Hopscotch

Shapes Hopscotch

Shuffleboard Court

Snakes & Ladders

Speed/Agility Ladder

Triangle Hopscotch

To book any of the stencils, contact the North Bay Parry Sound District Health Unit at 705-474-1400 or 1-800-563-2808 ext. 5231.

Email: healthy.schools@healthunit.ca

Please note that stencils can only be borrowed one week at a time.

3 Point Arc for Basketball Key (Large)

Category	Court
Age Range	9-12
# of Players	
Size of Largest Pieces	
# of Pieces in Kit	13
Completed Size on Asphalt	27' 4"X 45"
Cans of Paint Needed	4
Size of Stencil Case	50" X 96"

How to Play

When players shoot a basket from behind the 3 point arc they score 3 points.

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4-Square (Big)

Category	Ball
Age Range	8-12
# of Players	4
Size of Largest Pieces	48"x 48" & 12"x 80"
# of Pieces in Kit	17
Completed Size on Asphalt	14' x 14'
Cans of Paint Needed	2
Size of Stencil Case	50" x 97"

Note: The stencil provided is one quadrant of four that are needed to create the game. The stencil will have to be painted once, lifted and lined up according to the diagram, painted again and repeated another two times. Overall size once painted is 14' by 14'.

How to Play

Each player stands in one of the four squares. To start the game, the player in square "one" serves the ball by bouncing it in the square once and then hitting it with their hands towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares. The ball must bounce in another player's square, and they must hit it to another player before it bounces a second time.

A player may hit the ball before it bounces, if they chose to do so. If a player hits the ball so that it misses another player's square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".

When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players. The object of the game is to move up to and hold the server's position.

For more variations/game ideas please refer to the appendix.

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Alphabet Hopscotch

| Category	Hopscotch
Age Range	6-10
# of Players	1 or more
Size of Largest Pieces	48"x 49"
# of Pieces in Kit	4
Completed Size on Asphalt	7'2" x 7'4"
Cans of Paint Needed	2
Size of Stencil Case	49" x 49"

How to Play

This is a playground game that can be used to assist children in using their alphabet. It can be played in one of two ways.

The first and most common way of playing this game is to jump from A to B, B to C, C to D, and so on without touching any of the lines until reaching the end of the alphabet. This way could be more challenging for younger children as some of the letters could be placed quite a distance from one another and some may not be able to jump that distance!

The second way that can be used to play this game is to spell names, places or things and spell them out by jumping to each letter. This way can be played by anyone as the difficulty of the words can increase or decrease depending on the age and abilities of the children playing.

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Basketball Key, Canadian (Full Size)
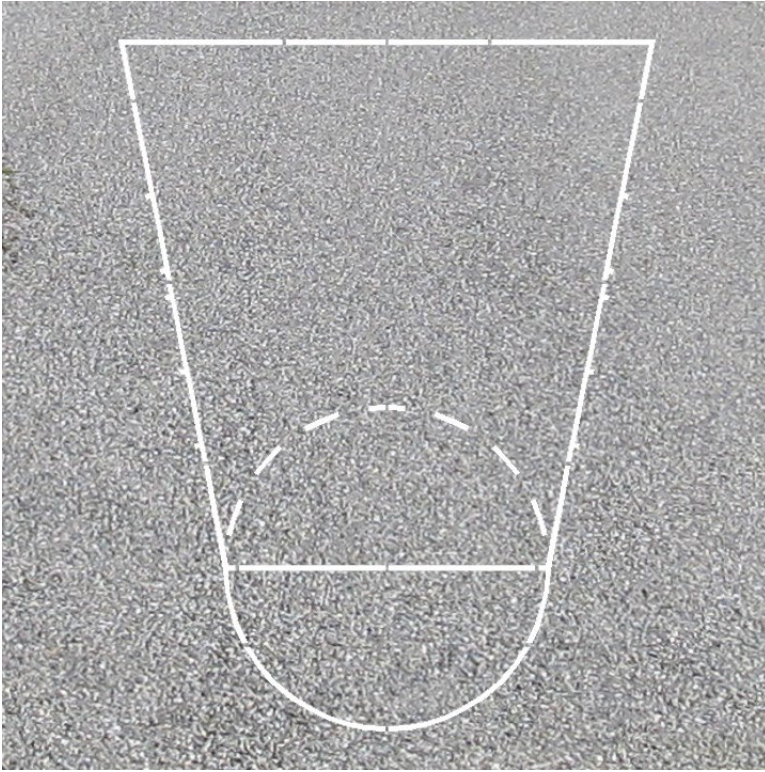
Category	Court
Age Range	9-12
# of Players	
Size of Largest Pieces	
# of Pieces in Kit	16
Completed Size on Asphalt	19' 8" X 25' 5"
Cans of Paint Needed	2
Size of Stencil Case	50" X 97"

Includes 16 piece kit with foul line and all lane marks.

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Bull's Eye Toss

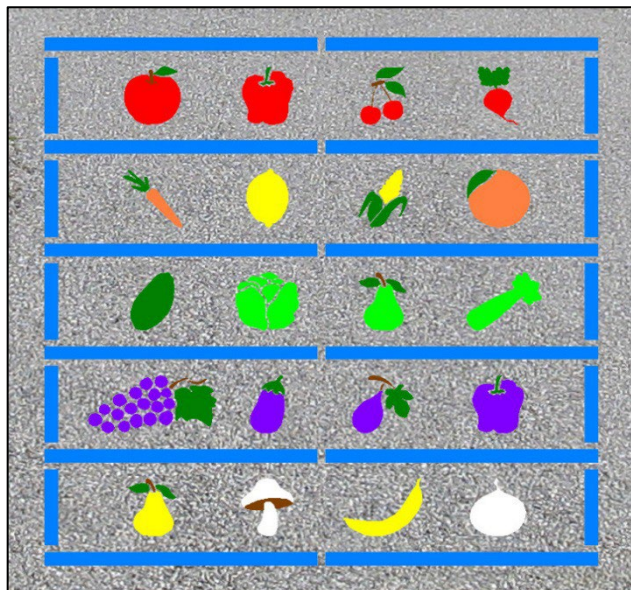| Category	Games
Age Range	7-10
# of Players	2 or more
Size of Largest Pieces	48"x 50"
# of Pieces in Kit	6
Completed Size on Asphalt	15'4" x 7'4"
Cans of Paint Needed	2
Size of Stencil	50" x 50"

How to Play

Two or more players can play this game. Each player will take turns standing behind one of the lines and tossing their markers onto the bull's eye area.

The lines are numbered 1-5, each line being more difficult then the previous. Each player can throw from the same line or depending on their skill level each child can be placed on a line that will give everyone an equal chance of winning. Each child will throw two or three makers and add up their score to see who can obtain the highest score.

Highest score wins

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Five A Day! Fruits & Vegetables

Category	Educational
Age Range	7-12
# of Players	Unlimited
Size of Largest Pieces	48"x 80"
# of Pieces in Kit	2
Completed Size on Asphalt	6' x 6'1"
Cans of Paint Needed	1
Size of Stencil	50" x 97"

How to Play

An unlimited amount of children may play the game.

Using a pebble or a small object as a marker, the first player will throw it into the first square. They must then jump over this square and proceed through the fruit until they reach the end where they have to turn around and hop back through the course.

Once completing the course with your marker in position 1, you must throw your rock into the second square and proceed just as before, however this time make sure you jump over the second square as this is where your marker is.

The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line.

If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

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Footprints

Category	Misc.
Age Range	1-12
# of Players	Unlimited
Size of Largest Pieces	22"x 35"
# of Pieces in Kit	1
Completed Size on Asphalt	2'3" x 1'2"
Cans of Paint Needed	1
Size of Stencil	40.5" x 79"

This unique stencil is a terrific addition or extra touch to the playground games once all the game stencils are painted and visual on your playground surface.

Footprints create a fun transition between games as the child completes the game, they follow the "footprints" to the next exciting playground game.

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Giant ABC Circle

Category	Agility
Age Range	7-12
# of Players	Unlimited
Size of Largest Pieces	48" X 88"
# of Pieces in Kit	9
Completed Size on Asphalt	20' X 20'
Cans of Paint Needed	4
Size of Stencil	50" x 97"

How to Play

Animal Alphabet: Everyone playing stands around the circle. Start with the name of an animal that begins with the letter "A." From there, go around the circle in alphabetical order and have each person say the name of animal that starts with the letter they are at.

If there are not enough players for each letter of the alphabet after a student shares their animal they run to an empty letter. Continue until the end of the alphabet, then see how many times you can complete the alphabet as a team.

*Can rotate places on the circle so the same person is not always doing words starting with the same letter. Modify and pick a new topic such as places, food, names. Go around the circle and have each person say the name of the new topic, each beginning with the next letter of the alphabet.

*Can complete as a class for the younger grades who are just beginning to learn the alphabet, everyone in the circle says the name of something from the topic starting with the same letter. (Example: Everyone goes around and says a word that they know starts with the letter A. Then go around for each letter of the alphabet to help young students understand the words they know with the letter it begins with.)

For more game ideas and variations please refer to the appendix.

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Giant Dartboard

Category	Games
Age Range	10-12
# of Players	Unlimited
Size of Largest Pieces	48"x 81"
# of Pieces in Kit	11
Completed Size on Asphalt	14' x 14'
Cans of Paint Needed	4
Size of Stencil	48" x 83"

How to Play

The first player throws one dart (bean bag or hackeysack) and sets the number for the round. Each player follows, trying to hit that number. If they do not hit it, they write a D under their name. The first player tries to hit the number again. If they hit it, play moves on. If they don't hit it they get a D as well.

The second player takes a turn throwing one dart and sets the number for that round. Each player follows, trying to hit that number. If they do not hit it, they write a D under their name. If they already have a D, they write an A under the D. Once all the other players have had their turn the player who set the number for the round tries to hit it again. Play continues like this.

The goal is to avoid being the first person to spell DARTS. When someone does spell DARTS they are out of the game. The winner is the person left after all other players have been eliminated.

For more game ideas and variations please refer to the appendix.

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Hopscotch with "Home"

Category	Hopscotch
Age Range	5-10
# of Players	Unlimited
Size of Largest Pieces	48" X 44"
# of Pieces in Kit	4
Completed Size on Asphalt	3'3" x 13'11"
Cans of Paint Needed	1
Size of Stencil	50" x 97"

How to Play

After choosing the hopscotch design that best suits your needs, an unlimited amount of children may play the game. Using a pebble or a small object as a marker, the first player will throw it into square 1. They must then jump over this square and proceed through the numbers until they reach the end where they have to turn around and hop back through the course. Remember when there are two numbers side by side, you can put both feet down at the same time!

Once completing the course with your marker in position 1, you must throw your rock into square 2 and proceed just as before, however this time make sure you jump over square 2 as this is where your marker is. The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line. If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

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It's Your Choice (Conflict Resolution Circle)

Category	Educational
Age Range	7 - 12
# of Players	Unlimited
Size of Largest Pieces	
# of Pieces in Kit	5
Completed Size on Asphalt	7' 4" X 7' 4"
Cans of Paint Needed	1
Size of Stencil	50" x 97"

How to play:

This colourful game helps children deal with the day to day problems that they encounter, such as teasing, protecting one's property, bullying and handling arguments. Players lose turns whey they don't respect someone's rights or refuse to mediate a problem, and get another turn when they help others solve problems or express their feelings.

This is a great game for solving conflicts between students in a fun, imaginative way. An essential addition to your playground game area.

It is available in French and English.

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Mirror Me

Category	Game
Age Range	1-12
# of Players	Unlimited
Size of Largest Pieces	48" x 64"
# of Pieces in Kit	3
Completed Size on Asphalt	
Cans of Paint Needed	7
Size of Stencil	50" x 97"

How to Play

Brighten up your playground and encourage bright minds with Mirror Me!

Fun variation of Simon Says and memory games. The goal of the game is to mirror the person across from you by repeating the pattern of steps they take on the various coloured circles. After each turn the pattern increases by one until the opposing player cannot mirror the pattern.

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Pin-Wheel Circle Hopscotch

Category	Hopscotch
Age Range	6-10
# of Players	4
Size of Largest Pieces	48"x48"
# of Pieces in Kit	4
Completed Size on Asphalt	7'4" X 7'4"
Cans of Paint Needed	1
Size of Stencil	49" x 45.5"

How to Play

Decide which is your hopping foot and who goes first. Whichever foot you choose is the foot you will hop on to get to the center and to get back out.

Hop through the snail to the center. Start with square 1.

Hop only once in each square. Do not hop on any lines or you will lose your turn. You may rest when you reach the center.

Turn and hop back to the beginning. Repeat steps 2 and 3 for a second time.

If you have hopped in and out successfully you may choose a square as your "house." Put your initials in the square. You can use this space to rest and other players must skip over the square.

The game is over when it becomes impossible for anyone to hop to the center. The player with the most squares at the end is the winner.

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Playground Math Calculator

Category	Educational
Age Range	8-12
# of Players	Unlimited
Size of Largest Pieces	47"x 67"
# of Pieces in Kit	2
Completed Size on Asphalt	6' x 4'10"
Cans of Paint Needed	1
Size of Stencil	48.3" x 69.5"

How to Play

To begin the game, the player must jump on the "on" square. Next, the player must jump on any number from 0-9 based on what question they decide to ask their opponents. For example, let's say that the player jumps on the number 6. Next, the player jumps onto the "x" sign, making this a multiplication problem. Then this player jumps on another number of their choice. Let's say that this number is 3. This player then must jump onto the "=" sign.

Now, the second player must figure out the answer to the question presented by the first player and jump to it. Since the answer to the question that the first player asked is 6 x 3 = 18, the student must jump to both the 1 and 8 squares. After answering the question, the second player must also jump onto the "off" button.

If player two gets the answer correct, then it is their turn to ask the first player a question of their choice. This game can involve more than just two players and if so, just continue going through the players allowing each to ask a question. If a player happens to answer incorrectly or step on a line then they will lose a point. All players start with five points.

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Playground Pond

Category	Agility
Age Range	3-10
# of Players	Unlimited
Size of Largest Pieces	44"x 48" & 19" X 54"
# of Pieces in Kit	13
Completed Size on Asphalt	25' x 25' Dependent on layout
Cans of Paint Needed	3
Size of Stencil	47" x 55.5"

How to Play

An unlimited amount of children may play the game. This is a game of imagination and activity, at each stage of the game the children can pretend to be the animal performing the action laid out direction. Swim like a fish, walk like a duck, jump like a frog, etc. This game will increase a child's coordination and agility. This game also assists in word recognition in doing the stated activity. Game layout can be as long or short as you playground game area allows.

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Rocket Hopscotch

Category	Hopscotch
Age Range	6-12
# of Players	1 or More
Size of Largest Pieces	48"x 57"
# of Pieces in Kit	4
Completed Size on Asphalt	3'7" x 14'1"
Cans of Paint Needed	1
Size of Stencil	58.5" x 48"

How to Play

The first player stands on "EARTH" and using a pebble or a small object as a marker, he or she will throw it into square 1. They must then jump over this square and proceed through the numbers until they reach the end where they have to turn around and hop back to "EARTH", picking up their pebble on the way. Remember when there are two numbers side by side, you can put both feet down at the same time!

Once completing the course, through numbers 1-9 in the above fashion, the player must stand on "EARTH" with their back turned to the game and attempt to throw their marker onto "MOON". If the player succeeds then they have won the game! If instead, the marker lands on a square, that square will become a free square on which that player can land on with two feet. If the marker does not land on the hopscotch at all, this player must carry their marker from "EARTH" to "MOON" in a fashion determined by the other players, i.e. on their head or foot.

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Shapes Hopscotch

Category	Hopscotch
Age Range	5-12
# of Players	Unlimited
Size of Largest Pieces	46"x 80"
# of Pieces in Kit	4
Completed Size on Asphalt	6' x 11'6"
Cans of Paint Needed	1
Size of Stencil	50" x 97"

How to Play

An unlimited amount of children may play the game. Using a pebble or a small object as a marker, the first player will throw it into square 1. They must then jump over this square and proceed through the squares counting the shapes until they reach the end where they have to turn around and hop back through the course and pick up your marker along the way.

Once completing the course with your marker in position 1, you must throw your marker into square 2 and proceed just as before, however this time make sure you jump over square 2 as this is where your marker is.

The player will then continue in this manner until he or she reaches the end or until this player either misses the appropriate square with the marker, or if their foot touches a line. If either of these things happens, the player loses their turn and the next player has a go. The first player to have successfully hopped all the way through the course is the winner!

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Shuffleboard Court

Category	Court
Age Range	7-12
# of Players	2 or More
Size of Largest Pieces	36"x 81"
# of Pieces in Kit	5
Completed Size on Asphalt	6' x 10'2"
Cans of Paint Needed	1
Size of Stencil	36.5" x 82.5"

How to Play

A coin is tossed to decide who starts. Thereafter, the winner of the previous "end" starts the next. Players slide their four weights alternately. The weight must pass over the first line and not drop off the table in order to count. It is normal for a player to deliberately knock already played weights in such a way that opponent's weights might fall out of play while the player's weights cannon into an advantageous position.

Once all weights have been pushed down the outdoor court, the scores for the turn are calculated. A weight which lands on the near line or between the lines scores 1 point; a weight which lies on the far line or between the far line and the end of the board counts 2 points and a weight which hangs over the end of the table counts 3 points. If no weights are in scoring positions then the weight nearest to the near line scores 1 point.

For a two player game, the player who scores 11 points first wins the "end". The target score would sometimes be greater when there were more than two players.

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Snakes & Ladders

Category	Games
Age Range	6-12
# of Players	Unlimited
Size of Largest Pieces	48"x 68"
# of Pieces in Kit	19
Completed Size on Asphalt	11'5" x 11'4"
Cans of Paint Needed	4
Size of Stencil	50" x 97"

How to Play

An unlimited amount of children may play the game. The game requires either dice or a spinner (not included). Each player in turn will either roll or spin and move along the board the number of space they received.

Landing on a square with a snake's head will send them sliding down the snake to the square with the end of the snakes tail in it.
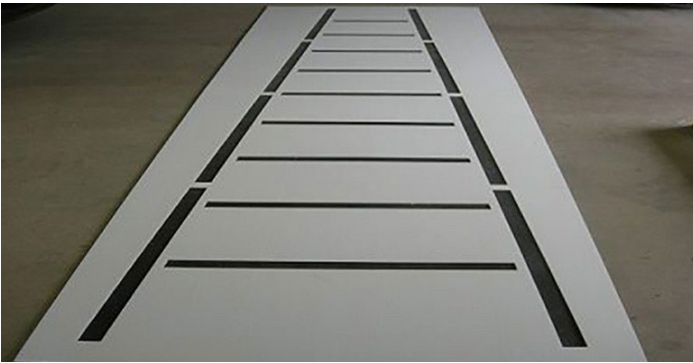
Landing on a square with the bottom of a ladder will allow them to climb to the square at the top of the ladder.

The winner is the first player to reach the end of the board.

Game includes; the board, 3 ladders, 4 snakes, "start" and "end", you design where the snakes and ladders get placed for painting.

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Speed/Agility Ladder

Category	Agility
Age Range	5-6
# of Players	Unlimited
Size of Largest Pieces	28" x 63"
# of Pieces in Kit	4
Completed Size on Asphalt	3' 4"x 15'
Cans of Paint Needed	1
Size of Stencil	50" x 97"

How to Play

It is an excellent beginner game for young children as it allows them to learn how to stay within the line and to gain their balance. They can run, jump, hop or leap up the ladder. As their skills improve they are able to do it with greater ease and at a faster pace.

For more game ideas and variations please refer to the appendix.

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Triangle Hopscotch

Category	Hopscotch
Age Range	6-10
# of Players	1 or More
Size of Largest Pieces	26"x 89"
# of Pieces in Kit	3
Completed Size on Asphalt	8' x 6'11"
Cans of Paint Needed	1
Size of Stencil	90" x 27.5"

How to Play

The main purpose of this style of hopscotch is for the players to always face the number 10 which is at the top corner of the triangle, even if this means jumping backwards which in one direction it does! This can be tricky and is what makes this game different from the rest!

While in play, the first player hops into square 1 and then jumps sideways to square 6. The player then hops diagonally forwards to square 10 and then proceeds to jump diagonally backwards to square 1 again and then hops out of the triangle.

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Appendix
Game Variations

4- Square Variations:

- **Out-of-pocket**: Players must put both feet outside of their square after they hit the ball.

- **Airball**: Players must have both feet off the ground when they hit the ball.

- **Spinball**: Players must spin around in a circle after they hit the ball.

- **T-Rex**: Players must play with their elbows on their ribs and cannot extend their arms. Players must roar every time you hit the ball.

- **Zombie**: Players must extend their arms completely and cannot bend their elbows. Players must groan like a zombie when they hit the ball.

- **Robot**: Players cannot bend their knees while playing and must make robot noises when they hit the ball.

- **Flamingo**: Before the round starts, the player in the A square chooses a leg to stand on. Players must play on one foot for the whole round.

- **Handy(wo)man**: Players can only play with one hand chosen by the player in the A square at the beginning of the round.

- **Soccer**: No hands! This can be used to train juggling skills, but be careful your four square ball doesn't go over the fence!

- **Double Trouble**: If you have eight or more players, you can have two players for each square. Each time a player hits the ball to another square, they will jump out of the court, and their partner will jump in. The two players will keep trading places each time the ball is hit towards their square.

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Giant ABC Circle Variation:

- **Alphabet Shopping:** Have the children around the circle then let the "shopping" begin. Starting with the whoever is at 'A', everyone in the circle will have to construct a sentence making up a name and want to buy, *but* the name and the item has to start with the same letter that they are standing on. For example, "Andy will buy an apple," "Brandon will buy a banana," etc. Bonus points if they can come up with a double-word response in which the name and both item words start with that same first letter (e.g. "Holly will buy a hula hoop")!

- **Bippity Boppity Boo:** Everyone stands or sits in a circle with one person who is "It" in the middle. The "It" then walks up to someone in the circle and says either "Me, Bippity Boppity Boo," "You, Bippity Boppity Boo," "Left, Bippity Boppity Boo," or "Right, Bippity Boppity Boo." Depending on what was said before "Bippity Boppity Boo" is who must be named by the person "It" is facing. (Example: "It" person says "Left, Bippity Boppity Boo," then the person must correctly say the name of the person who is to their left before the "it" person finishes saying "Bippity Boppity Boo".) If they say the name correctly, the "It" continues going to other people in the circle. If they make a mistake or don't say the name in time, they become the new "It."

- **Conductor:** Have children sit in a circle, then have a volunteer walk away and turn back to group. Choose another student to be the conductor. The conductor chooses the first action (e.g. patting their knees) and all the other children in the circle have to mimic that action. Now have the first volunteer turn around and come back to the middle of the circle and let the fun begin! When the child in the middle isn't looking, the conductor will change the action. The child in the middle has to guess who the conductor is!
  *To make this game more challenging, only give the guesser three tries.

- **Do As I Say… Not As I Do:** *Played in a circle.* First person SAYS one thing they like to do ("I like to jump up and down"), but DOES another (flaps his/her arms). The second person DOES what was just SAID (jumps up and down), but SAYS something they like ("I like to rock climb"). This pattern continues around the circle. For an added bonus, make it a group goal to remember both the SAID action and the DONE action for every person

- **Flinch:** Start with a ball or a rolled up sock or bandana. One person (the flinch master) stands in the middle of a circle created by everyone else. The people making up the circle should stand about 8-10 feet away from the flinch master. The flinch master tosses the ball, or sock or whatever to each person in the circle in no particular order. The person must clap once before catching the ball. This is an elimination game, in order to get the people out the flinch master tries to get them to flinch or clap by pump-faking a throw. You are eliminated if you flinch/clap when the ball is not thrown to you, if you drop the ball, or if you forget to clap before catching. The ball must be thrown underhand and people playing will determine if a dropped pass is a good throw or not. The last person standing becomes the new flinch master.

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- **Zip, Zap, Zop:** Stand in a circle. Someone begins by pointing to another person in the circle and saying "ZIP!" That person then points to yet another person and says "ZAP!" That person points to another person and says "ZOP!" This continues, but the words must be said in order: ZIP, ZAP, ZOP. If someone makes a mistake and says a word out of order, that person is out of the game.

  *Make it more challenging: Try "Zip Zap Boing." In this variation, a player can choose to raise both hands in front of their bodies at chest height and say: "Boing" when they are sent a Zip, Zap or Zop. When this happens, the move bounces back to whomever passed it. Thus the progression might sound like "Zip-Zap-Boing-Zap-Zop-Zip-Boing-Zip" etc.

  *Another variation: When Zapping someone, the Zap person to be ducks and the two people on either side of the person ducking turn and face one another and try to Zap first by pointing at them and saying "Zap", the person who was Zapped has to continue the game with a Zop.

Giant Dartboard Variations:

- **Around the World**: You start with number 1 and work your way around the board in numerical sequence, all the way to the 20.
  * Add the bull's eye at the end. Game is over when player has hit 1-20 and hits the bull's eye. You can also add the bull's eye at the *beginning*, so each player must hit the bull's eye before they can start their journey around the board.

- **Legs:** Each player is given 3 lives at the start of the game. One at a time a player throws 3 darts (balls, hackeysack, etc.,) and tries to get as many points at possible, adding up the score from all three throws. The next player must match the score or go higher. Continue until everyone has had a turn trying to match or exceed the first players score.
  If a player does not match or exceed your score they lose one life.
  Switch who starts each round.
  Game continues until there is only one player left and everyone else has lost their 3 lives.

More advanced games at: https://www.darts501.com/Games.html

Speed and Agility Ladder Variations:

- **Jumping:** Keep feet together and jump from rung to rung as fast as you can.

- **Star Jumps:** Start at the first rung of the ladder. With both feet jump to the outsides of the first ladder square as if you were straddling it. The next motion bring both feet together in the next rung along the ladder. Continue this motion until you get to the end of the ladder.

- **Scissor Jumps:** Start by standing behind the first rung of the ladder. In a 'Star Jump' fashion, straddle the first ladder square. For the second action, perform a scissor jump with your right foot crossing the front of your left foot. Your right foot should enter the first rung. For the next action jump to the sides of the next rung of the ladder (Once again straddling that rung). Perform a scissor jump again, but this time your left foot should cross in front of your right foot. Your left foot should enter the next square.
  Following a criss-cross pattern all the way down the ladder.

- **Lateral Jumps**: Start at the right side of the first ladder rung with both feet together. With both legs, jump sideways to the left side of the ladder. Jump again to the right side of the ladder. Repeat this movement as you work your way down the ladder.

- **Skater Shuffle:** Starting to the left side of the first rung of the ladder. Work laterally from side to side across each rung of the ladder.
  You begin by side stepping with your right foot in the first rung followed by your left foot and then your right foot steps out on the other side followed by your left. You then side step with your left foot into the next rung on the ladder followed by your right foot with your left foot stepping out of the rung on the other side, followed by your right foot. Continue this pattern until you complete the ladder.

- **Backwards Shuffle:** Start at the first rung of the ladder. Face in the opposition direction to the agility ladder. Begin by stepping into the first square with your right foot. Then place your left foot into the square immediately after. Once your left foot is in the square, your right foot moves to the outside of the same square. Your left foot should then mirror the same pattern. As you move down the ladder, your lead foot (in this case we started with the right foot) is always the first to step into the next square.

More Variations: http://smashfit4kids.com/component/k2/agility-exercises-for-kids

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