

Activity Guide

Human Ladder



Overview. FlagHouse and Project Adventure have partnered up to create this unique and exciting cooperative challenge activity. We're confident that your participants will have a blast with this exciting game!

Human Ladder is all about trusting your team! This exciting initiative requires participants to pair up on mats holding up bars that serve as the "ladder" for another teammate to crawl on. As the crawler clears some of the bars, those holders move to the front to provide the next platform for the crawler to move across. Includes eight strong, plastic 29"L bars.

What Are the Educational Applications?

- This activity is a small group challenge that fosters teamwork, group thinking and trust.
- To solve the Human Ladder task the group must combine their thinking skills, with the knowledge of what they have learned from past experiences. Teams must work together, think together and move together. It also combines climbing skills with fitness, teamwork and trust.
- The post activity debriefing is an important part of the learning process.

How Can I Use This Product With My Students?

- **Where:** On a safe flat area with padding under the ladder.
- **Age:** Students in Grades 4-10
- **Group Size:** 4-11 players
- **Basic Skills Needed:** Teamwork, cooperative skills, balance, problem solving, team movements, fitness.

Set Up/Instructions : Use the diagram that accompanies the equipment for setting up the Human Ladder. The narrative is very important to setting the scene and the challenge. Rules of travel must be followed. **The safety of the climber is imperative.** Here are some rules and concerns:

- Use the plastic bars (rungs) included in the Human Ladder kit or use stout hardwood rungs. You will need half the number of rungs as team members.
- The bars or "ladder rungs" are held between two people who are approximately the same height and strength.
- The two teammates hold a rung of the Human Ladder. Rows of teammates kneel in parallel lines to form the Human Ladder. The Human Ladder is held over a gym mat on the floor.
- The "climber" starts at one end, proceeds slowly across the Ladder from one rung to the next.
- The teammates holding the first ladder rung move to the Point B end of the ladder after the "Climber" has passed their rung. This creates a longer Ladder without adding more players. This means when the climber crosses the rung the teammates are holding, the teammates rotate to the end of the line and add another rung to the Human Ladder. In this way the Ladder's length can be extended as much as needed for the climber to reach Point B.
- Since this is a fitness activity, all participants should be able to hold the rungs with the climber on the rungs.

The Games/Activities

Activity #1: Team Short Ladder

- a. Objective: To work as a group to get the climber safely from one end of the short ladder to the other without the climber or rungs touching the ground.
- b. Set Up: With parallel teammates holding the rungs, the climber attempts to climb the ladder a short distance and at a low level.
- c. How to Play: Following all safety rules, the teammates that are holding the rungs set up a Human Ladder. The climber begins at Point A and crawls across the ladder at low height off the ground. The rung holders do not rotate to the end in this activity. Rules:
 1. Low level bars.
 2. No rotation of players.
 3. Rungs may not touch the ground.
- d. Extensions:
 - Allow others to attempt the climb.
 - Make it more difficult by not allowing anyone to talk or give suggestions.

Activity #2: Long Rotating Ladder

The objective of this rotating ladder is to now move the teammates that the climber has already passed to the end of the line to create a longer ladder from Point A to Point B.

Activity #3: Curving Ladder

The objective now is to change the direction of the ladder. This could be in a zigzag, curves, circle or square.

Post-Activity Discussion Questions

- a. Were you responsible in your role as a rung holder?
- b. What was it like to do this activity as a climber or rung holder?
- c. What is it like to trust others to hold you up and support you as you climbed the ladder?



Safety Issues & Concerns

- The Human Ladder should not be attempted until the participants have successfully participated in less intimidating trust exercises and games.
- Weight limit on plastic bars (rungs) included in Human Ladder Kit is 200 lbs.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



Used by permission, Project Adventure, Inc. *Silver Bullets: A Revised Guide to Initiative Problems, Adventure Games & Trust Activities*, Karl Rohnke.