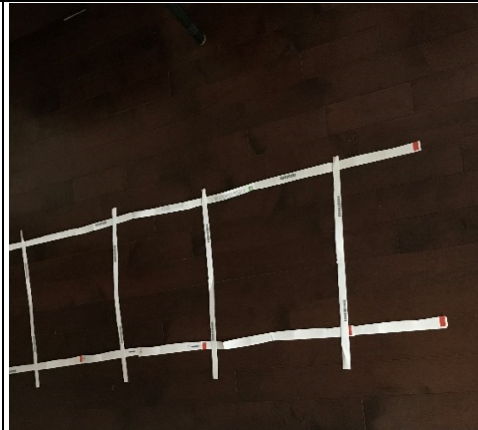


Title: Floor Ladder Exercise

Age Group: Toddler / Preschool

Submitted by: **Mariam B. (St. Gabriel Lalemant)**



Type of Activity: Gross Motor

Materials:

- Paper
- Scissors
- Scotch Tape

How to Do it:

- Let the children help you to cut the paper like ribbons and attach them to make a long line
- Have the children make the paper like a ladder and tape them on the floor.
- Show your children how to hop on the ladder then encourage them to climb.
- Move the ladder throughout your house for a new challenge

Root Skill / Extension:

Physical 5.1: Gross Motor

Extend the learning: Encourage the children to hop on one foot, and count while hopping. The parents / caregivers also can set up timer to see how many minutes it takes one child to finish hopping on the ladder.