



Exercise Information sheets

Ladder exercises

You can use:

- Agility Ladders
- Chalk lines on cement or decking
- Taped lines indoors
- Sticks placed on the ground
- Hoops



How to move:

- Walk, jump, hop, run
- Put your hands to the ground and move along in a bear crawl or an inchworm

Change it up:

- Run with high knees
- Run or jump between every second rung
- Move sideways along the ladder (right and left)
- Move diagonally across the ladder (right side, middle, left side, middle)

Simplify:

- Slow the pace
- Play follow the leader to provide a visual cue
- Use as part of a general obstacle course and let the child choose how to move through the ladder

Engage:

- Pick up items from the ground along the way (balls / toys / puzzle pieces)
- Race a sibling or parent...or work to beat your best time
- Use as part of a game – "Eggs in the nest"

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