



Horizontal Ladder

*Students must start from a hanging position on the first or second rung.

*When their body is steady and not swinging, the teacher will say go.

*Students will go from rung to rung while making sure both hands grip the rung in a 1,2 count fashion.

*At the end of the ladder, students will do a touch and turn and go all the way back to the beginning where they can put their feet up on the steps.



1 time down and back is a Bronze Level!

2 times down and back is a Silver Level!

3 times down and back is a Gold Level!

*Students who earn any of these levels will get their name on a certificate to be placed on the wall.

