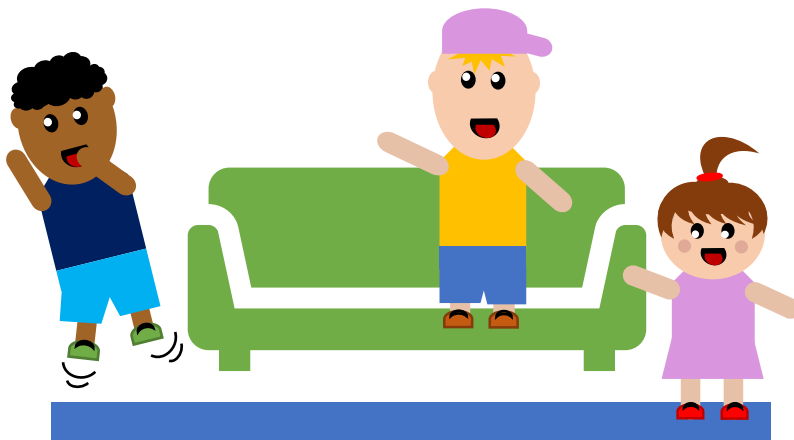


FOR TODDLERS



CLIMBING ON AND JUMPING OFF THE SOFA



CLIMBING ON AND JUMPING OFF THE SOFA

Objective

This activity challenges basic motor skills and is also a moderate to vigorous-intensity activity.

Equipment

Sofa

A mattress or mat

Instructions

1. Organise the activity so the children can jump down from a sofa.
2. Place a mat or mattress on the floor for the children to land on.
3. Let the children climb on the sofa and jump down.