

**DPA Cool Down Idea 1: Ladder Climb**

**Ages appropriate for:** K-8



**Equipment needed:** None

1. Have students walk on the spot, with feet slightly apart.
2. Ask students to pretend that they are climbing up a ladder to the sky for 20–30 steps.
3. Then climb down the ladder at a slower and slower pace.

**How to tie it into the curriculum:**

Science: Kinetic energy and energy changes

**Source:** Peel Region