



Activity Sheet Nine : This week our activity is inspired by a traditional board game.

Take some photos to show your friends & family how well you are doing & what fun you are having being active.

Safety- try to move anything that you could break or trip over out of the way. Make sure your shoe laces are tied up & you have a drink read

ACTIVITY : SNAKES AND LADDERS : Ladder = climb up Snake = slide down

21 Go forward 4 spaces	22 Dance crazy for 22 secs	23 Go down the snake	24 Go down the snake	25 Sprint on spot x 25 seconds	26 Sprint on spot x 26 seconds	27 Go down the snake	28 Dance crazy for 28 secs	29 Go down the snake	30 ★
20 Star jumps x 20 secs	19 Sit ups x 19 secs	18 Go up the ladder	17 Go down the snake	16 Do 16 Star Jumps	15 Go back 1 space	14 Sprint on spot x 14 secs	13 Dance crazy x13 secs	12 Go back 1 space	11 Get up and sit down x11
1 Ready Steady Play	2 Go forward 1 space	3 Do 3 Different stretches	4 Go up the ladder	5 Go forward 2 spaces	6 Do 6 squat jumps	7 Do 7 sit ups	8 Go up the ladder	9 Go up the ladder	10 Sprint on spot x 10 secs

- What different movements/tasks could you do if you find some of the challenges a bit tricky or a bit easy?
- Think of some alternative movements/tasks & put them into the game
- Remember each player could have different movements so that everyone can play together
- Could you add some equipment to the movements/tasks or make them partner tasks & play in pairs?