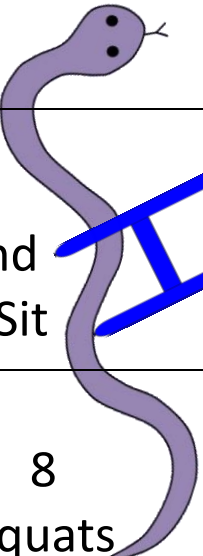
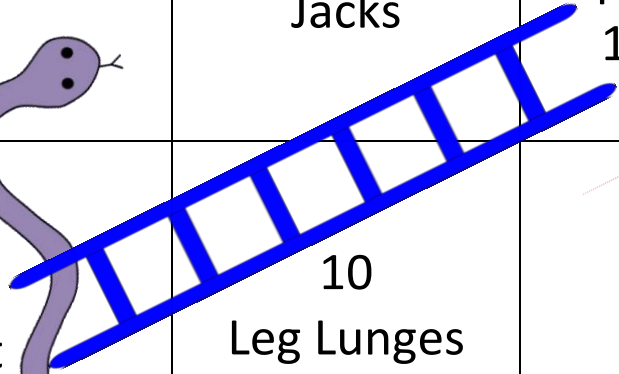
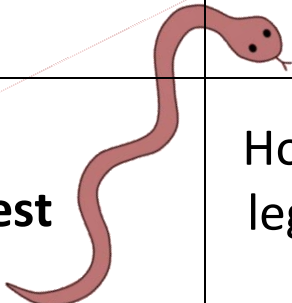
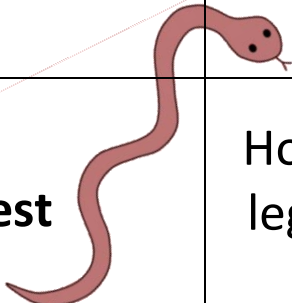
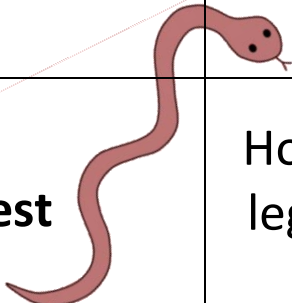
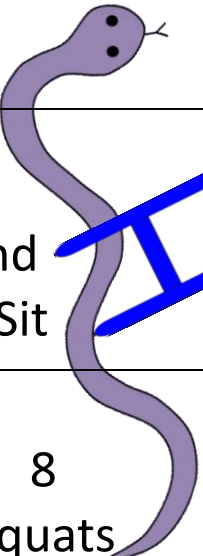
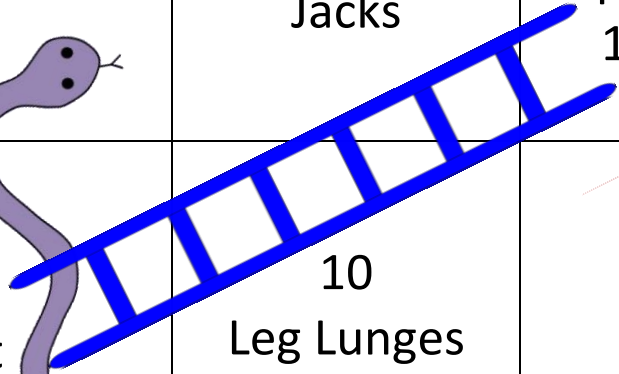
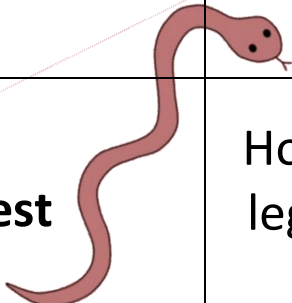
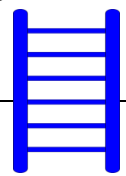
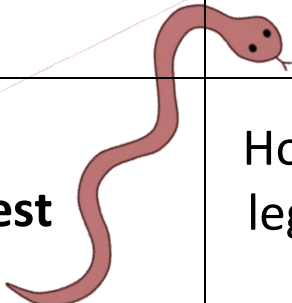
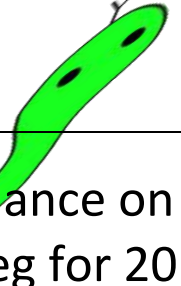
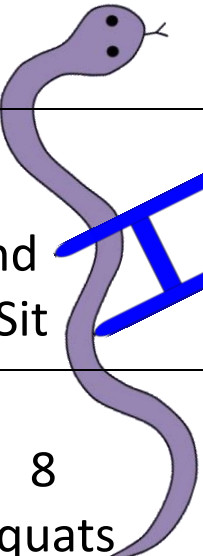
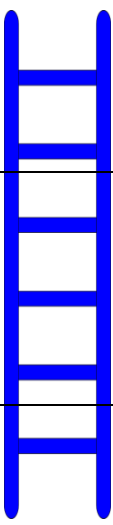
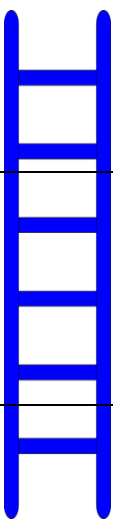
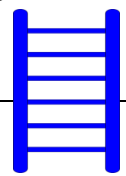

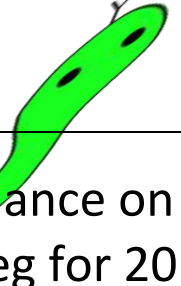
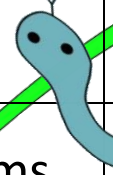
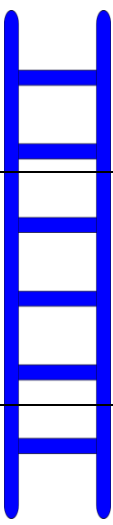
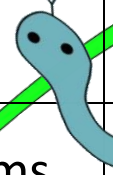
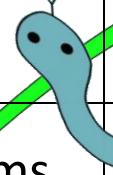
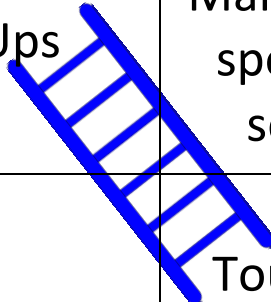
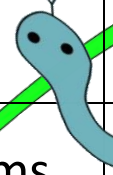
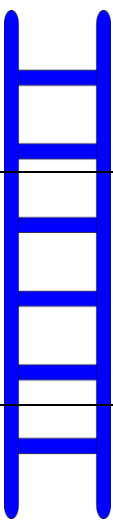
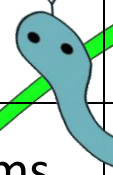
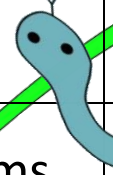
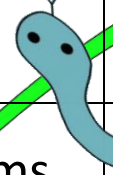
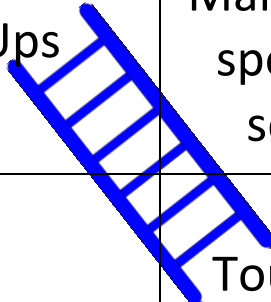
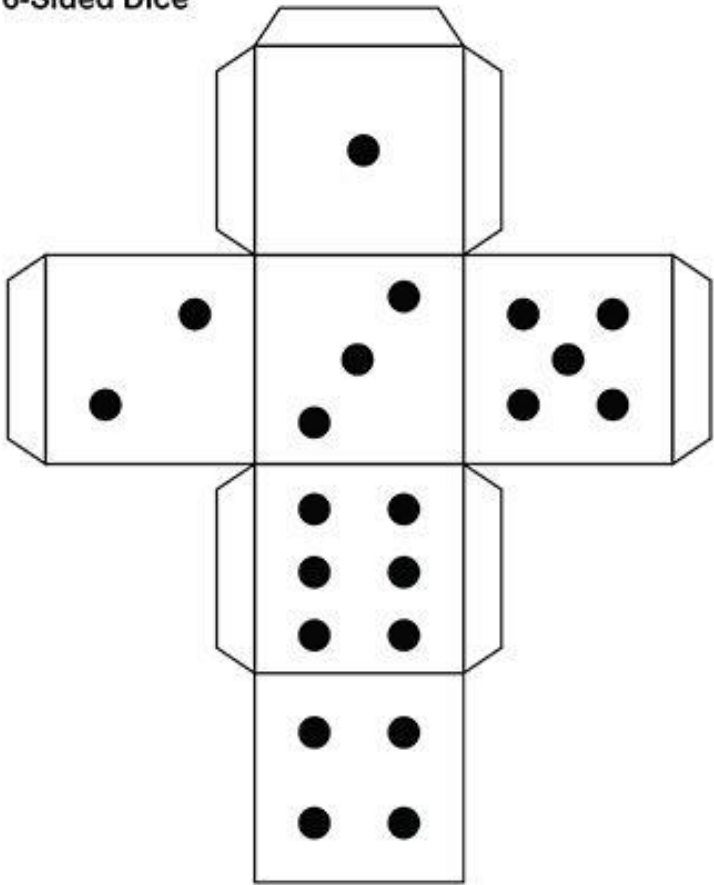


# Active Snakes & Ladders

Drink some water 	10 Jumping Jacks 	Hop on left leg 10 times 	Hold the Plank position for 10 seconds 	Kick your bottom with your heels 10 times 	<b>Finish</b>
15 second Wall Sit 	10 Leg Lunges 	Rest 	Hop on right leg 10 times 	Circle a ball around your waist 20 times 	5 Burpees 
8 Squats 	5 Arm Dips 	Jump 2 Footed over a line for 20 seconds 	Drink some water 	Rest 	Balance on 1 leg for 20 seconds 
Run on the spot for 30 seconds 	Rest 	20 Step Ups 	5 Pencil Jumps 	5 Sit Ups 	March on the spot for 30 seconds 
<b>Start</b>	5 Star Jumps 	Circle arms forwards 10 times 	10 Alternate leg kicks 	Rest 	Touch your toes 5 times 

6-Sided Dice



## Active Snakes and Ladders

### You will need:

- The Snakes and Ladders Board Game
- A dice
- One counter per player

### How to play:

1. Players take it in turn to roll the dice. The player with the highest number goes first. The person with the second highest number goes second and so on.
2. Each player rolls the dice in turn and moves the number of spaces shown by the number on the dice.
3. If a player lands on a snakes head, the players counter slides down to the square at the snake's tail.
4. If a player lands on the bottom of a ladder, the players counter climbs up to the square at the top of the ladder.
5. Each player must perform the physical activity on every square they land on. If you go down a snake or up a ladder you may have 2 activities to do!
6. The first player to the finish line is the winner.

