

SNAKES AND LADDERS PHYSICAL CHALLENGE

Key Stage 1

21	22	23	24	25	26	27	28	29	30
									★
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

NUMBER CHALLENGE	EASY CHALLENGE	MEDIUM CHALLENGE	HARD CHALLENGE	SUPERSTAR CHALLENGE
1 – GET STARTED				
2 – Tuck Jumps	10 secs	25 sec	45 secs	1 min
3 – Push Ups	10	20	30	50+
4 – Star Jumps	15	30	40	40+
5 – Step ups	10	25	35	45+
6 – Partner selects the challenge				
7 – Balance on one leg	10 secs	15 secs	35 secs	45+ secs
8 – Exercise of your choice				
9 – Speed Bounce	15	25	35	45+
10 – Cycle legs	20	35	45	50+
11 – Sit ups	10	15	25	30+
12 – Jogging on the spot	10	15	30	35+
13 – Draw circles with your arms	10 secs	20 secs	30 secs	40+ sec
14 – Partner chooses exercise				
15 – Bunny hops	15 secs	25 sec	35 secs	45+ secs
16 – You choose your exercise				
17 – Step Ups	10	25	35	45+
18 – Tuck Jumps	10 secs	25 secs	45 secs	1 min
19 – Star jumps	15	30	40	40+
20 – Bunny Hops	15 secs	25 secs	35 secs	45+ secs
21 – Jogging on the spot	10	15	30	35+
22 – Sit Ups	10	15	25	30+
23 – Squats	10	20	30	35+
24 – Partner chooses exercise				
25 – Draw circle with arms	15 secs	25 secs	35 secs	45+ secs
26 – Speed Bounce	15	25	35	45+
27 – Cycle legs	20	35	45	50+
28 – Push Ups	10	20	30	40+
29 – You choose your exercise				

RULES:

- ✓ **ONLY USE 1 DICE**
- ✓ **PLAY INDIVIDUALLY PERSONAL CHALLENGE OR WITH AS MANY PEOPLE AS YOU LIKE**
- ✓ **CAN BE DONE INSIDE OR OUTSIDE**
- ✓ **WARM UP BEFORE STARTING CHALLENGE**
- ✓ **SAFETY FIRST WHEN DOING CHALLENGES**
- ✓ **MODIFY CHALLENGE WHERE APPROPRIATE**

STEP UPS

USE THE STAIRS AND REMEMBER TO STEP ONTO WHOLE FOOT NOT JUST YOUR TOES

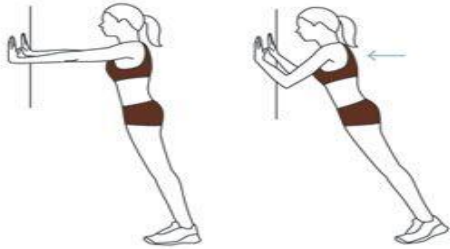
SPEED BOUNCE

2 FOOTED JUMPS OVER A LINE - eg DRAW A LINE WITH CHALK OUTSIDE (BE CAREFUL IF USING OUTSIDE SURFACE)

Push Ups

EASY

MEDIUM/HARD CHALLENGE



Star jumps

Balance



Circle arms



Cycle Legs



Squats



Spoteki.com

BUNNY HOPS



TUCK JUMPS

SIT UPS

1. EASY

2. MEDIUM

3. HARD / SUPERSTAR

1. Half sit-up



2. Standard sit-up



3. Twisted sit-up

