

Active Snakes and Ladders

- Find a suitable space in the living room or garden.
 - Set out a snakes and ladders board. You can create your own during arts and crafts time or use a board game you already have at home.
 - Play the game as normal, each player rolling the dice and taking their turn. Add in the below exercises to the game:
1. If your counter goes down a snake then do 10 star jumps
 2. If your counter climbs a ladder the other players do 10 sit ups.
 3. If you roll a 5 on the dice then complete 5 press ups.
 4. If you roll an odd number do one tuck jump.

Change and Challenge

1. Let children come up with their own exercises.
2. Increase/decrease the number of each exercise depending on fitness levels.

