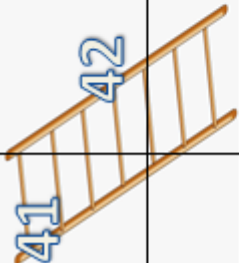


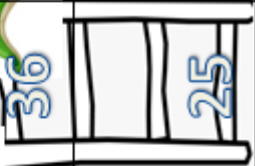




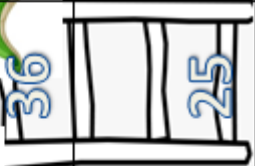










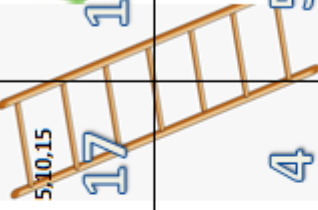

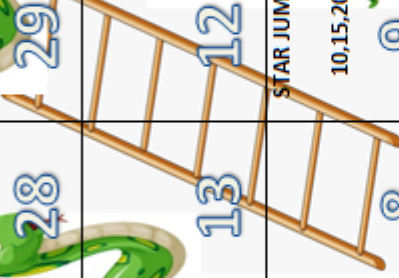
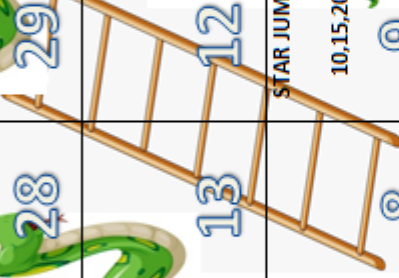

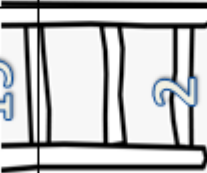
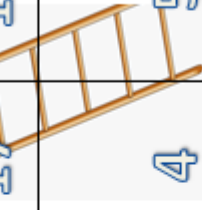





41 	42 	43 	44 RUN ON SPOT 20,30,45 Seconds	45 LONG JUMPS 5,10,15 	46 SIT UP 5,10,15	47 	48 	49 LUNGES 4,8,10 Each leg	50 JUMPING JACKS 10,15,20
40	39 	38 	37	36 LONG JUMPS 5,10,15 	35 	34 	33 	32 	31 PRESS UPS 5,10,15
21	22 SQUAT HOLD 10,20,30 seconds	23 	24	25 	26 RUN ON SPOT 20,30,45 Seconds	27	28 	29 	30 SIT UP 5,10,15
20 JUMPING JACKS 10,15,20	19 	18 	17 PRESS UPS 5,10,15 	16 	15	14 SQUAT HOLD 10,20,30 seconds	13 	12 	11 
1	2 	3 LUNGES 4,8,10 Each leg	4	5 	6 	7 SQUATS 5,10,15	8 	9 STAR JUMPS 10,15,20	10 

- If you don't have a dice don't worry, just cut up 6 small bits of paper, write on 1-6, pop them in a cup and pick out 1 to show you how many squares to move
- On the physical activity challenges the 1st number is level 1, middle level 2 and 3rd level 3 – pick a level which suits you
- Normal snakes and ladders rules apply, if you land at the bottom of the ladder climb it, if you land on snakes head back down to tail