

 **SNAKES AND LADDERS PHYSICAL CHALLENGE**

**Key Stage 1 and 2**

**\*\*\*\*\* KS2 must start on medium challenge or above\*\*\*\*\*\***



**SPEED BOUNCE**

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

**STEP UPS**

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

**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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NUMBERCHALLENGE | EASY CHALLENGE | MEDIUM CHALLENGE | HARD CHALLLENGE | 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 |  |  |  |  |



Cycle Legs

**Push Ups**

**EASY MEDIUM/HARD CHALLENGE**



**Circle arms**

**BUNNY HOPS**

**Squats**

**Star** **jumps**

**Balance**

 **SIT UPS**

 **1. EASY 2. MEDIUM 3. HARD / SUPERSTAR**