

 **SNAKES AND LADDERS PHYSICAL CHALLENGE**

**SECONDARY**



**BOX JUMP**

**2 FOOTED JUMPS ONTO HARD SURFACE - eg BOTTOM STEP OF STAIRS ( BE CAREFUL IF USING OTHER 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**

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| NUMBERCHALLENGE | EASY CHALLENGE | MEDIUM CHALLENGE | HARD CHALLLENGE | SUPERSTAR CHALLENGE |
|  1 – GET STARTED |
| 2 - PLANK | 45 secs | 90 sec | 2 mins | 3 mins |
| 3 - PRESS UPS | 10 | 20 | 30 | 50+ |
| 4 - BURPEES | 10 | 20 | 30 | 40+ |
| 5 – STEP UPS | 30 | 45 | 60 | 75+ |
| 6 – PARTNER SELECTS CHALLENGE |  |  |  |  |
| 7 – BICEP CURLS | 10 | 15 | 25 | 35+ |
| 8 – EXERCISE OF YOUR CHOICE |  |  |  |  |
| 9 – LIFT IT | 15 items | 20 items | 25 items | 35+ items |
| 10 - CRUNCHIES | 15 | 25 | 30 | 40+ |
| 11 – SIT UPS | 15 | 25 | 30 | 40+ |
| 12 – BOX JUMPS | 10 | 15 | 20 | 25+ |
| 13 – PRESS UPS | 10 | 20 | 30 | 50+ |
| 14 – PARTNER SELECTS CHALLENGE |  |  |  |  |
| 15 – PLANK - 1 ARM | 45 secs | 90 sec | 2 mins | 3 mins |
| 16 – YOUR CHOICE  |  |  |  |  |
| 17 – STEP UPS | 30 | 45 | 60 | 75+ |
| 18 – BICEP CURLS | 10 | 15 | 25 | 35+ |
| 19 - BURPEES | 10 | 20 | 30 | 40+ |
| 20 – LIFT IT | 15 items | 20 items | 25 items | 35+ items |
| 21 - CRUNCHIES | 15 | 25 | 30 | 40+ |
| 22 – SIT UPS | 15 | 25 | 30 | 40+ |
| 23 – STEP UPS | 30 | 45 | 60 | 75+ |
| 24 – PARTNER SELECTS CHALLENGE |  |  |  |  |
| 25 – PLANK OF YOUR CHOICE | 45 secs | 90 sec | 2 mins | 3 mins |
| 26 – BOX JUMPS | 10 | 15 | 20 | 25+ |
| 27 – BICEP CURLS | 10 | 15 | 25 | 35+ |
| 28 – PRESS UPS | 10 | 20 | 30 | 50+ |
| 29 – YOUR CHOICE EXERCISE |  |  |  |  |
|  30 – CHALLENGE COMPLETED |



**PRESS UPS**

**EASY MEDIUM/HARD CHALLENGE**

**LEG LIFT – USING FEET LIFT OBJECTS eg GLOVES, SCARVES, SOCKS FROM ONE SIDE TO THE OTHER**

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**BICEP CURL – USE TIN OF FOOD IF NO HAND WEIGHTS. HANDS UP TO SHOULDER TOGETHER OR ALTERNATE**

**CRUNCHIES**

**KEEP FEET OFF THE FLOOR**

 **SIT UPS**

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