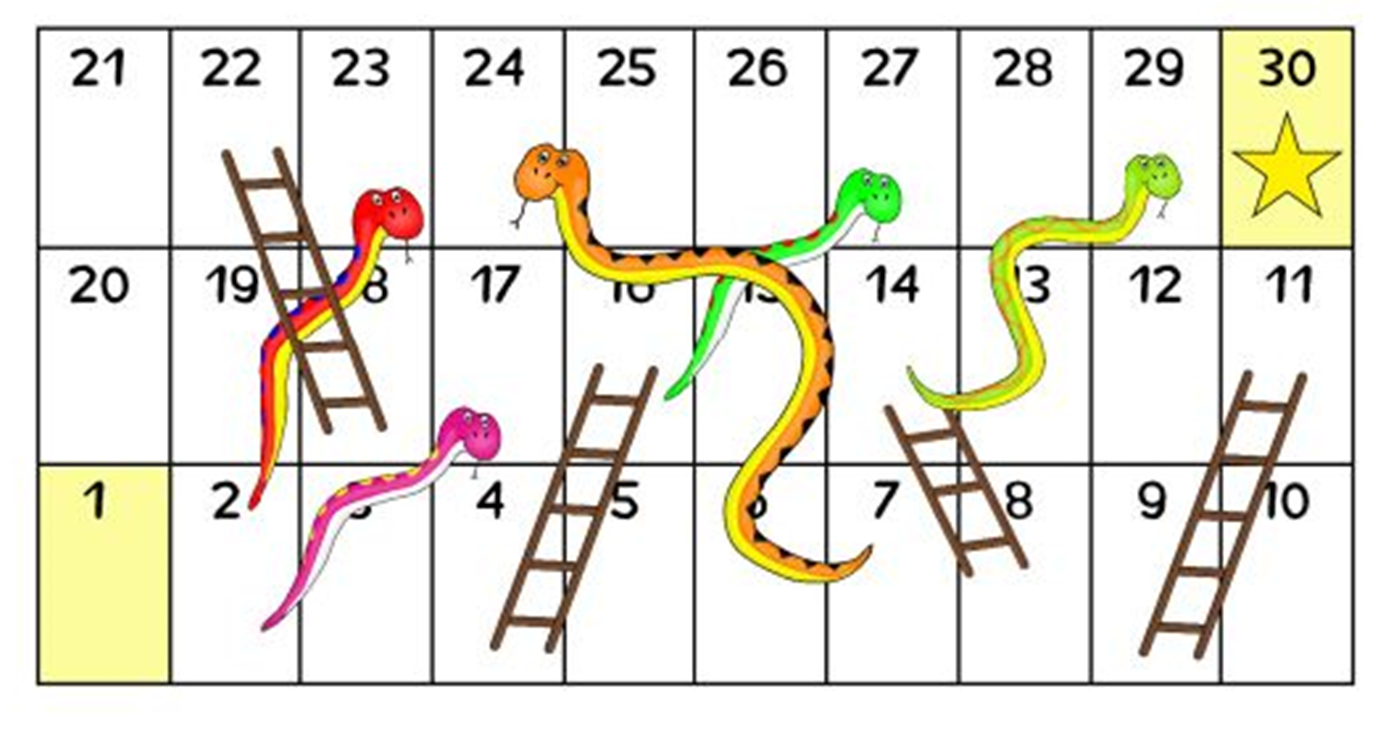


SKILLS SNAKES & LADDERS

KILL

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NUMBER  CHALLENGE | 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+ |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NUMBER  CHALLENGE | EASY CHALLENGE | MEDIUM CHALLENGE | HARD CHALLLENGE | SUPERSTAR CHALLENGE |
| 1 – GET STARTED | | | | |
| 2 – Keepy ups | 15 | 25 | 35 | 50+ |
| 3 – Throw & Catch | 15 | 30 | 50 | 60+ |
| 4 – Dribble | 5 | 8 | 10 | 12+ |
| 5 – Juggle with 2 balls | 15 secs | 30 secs | 45 secs | 1 min + |
| 6 – PRACTICE YOUR FAVOURITE SKILL |  |  |  | AIM HIGH |
| 7 – Speed bounce | 20 | 40 | 60 | 70+ |
| 8 – Weaving run | 5 | 8 | 10 | 12+ |
| 9 – Hit the Target | 5 | 10 | 15 | 20+ |
| 10 – Throw & Catch | 15 | 30 | 50 | 60+ |
| 11 – Sprint | 4 | 6 | 8 | 10 |
| 12 – Pick up Run | 4 | 5 | 6 | 8 |
| 13 – Keepy Ups | 15 | 25 | 35 | 50+ |
| 14 – PRACTICE LEAST SUCCESSFUL SKILL |  |  |  | IMPROVE YOUR SCORE |
| 15 – Sprint | 4 | 6 | 8 | 10 |
| 16 – Hit the Target | 5 | 10 | 15 | 20+ |
| 17 – Juggle with 2/3 balls | 15 secs | 30 secs | 45 secs | 1 min + |
| 18 – PRACTICE LEAST SUCCESSFUL SKILL |  |  |  | AIM HIGH |
| 19 – Pick up Run | 4 | 5 | 6 | 8 |
| 20 – Speed bounce | 20 | 40 | 60 | 70+ |
| 21 – Throw & Catch | 15 | 30 | 50 | 60+ |
| 22 – Hit the Target | 5 | 10 | 15 | 20+ |
| 23 – Keepy Ups | 15 | 25 | 35 | 50+ |
| 24 – PRACTICE FAVOURITE SKILL – AIM HIGH |  |  |  | IMPROVE YOUR SCORE |
| 25 – Sprint | 4 | 6 | 8 | 10 |
| 26 – Weaving run | 5 | 8 | 10 | 12+ |
| 27 – Dribble | 5 | 8 | 10 | 12+ |
| 28 – Speed bounce | 20 | 40 | 60 | 70+ |
| 29 – Your choice of skill |  |  |  | ENJOY |
| 30 – CHALLENGE COMPLETED | | | | |

**THROW & CATCH AGAINST A WALL**

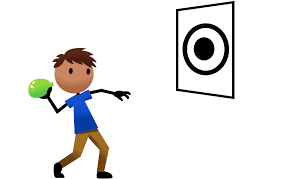
**OR TO A PARTNER IN 1 MIN**

**WEAVING RUN IN 1 MIN USE ANY SUITABLE OBJECTS TO RUN ROUND**

**KEEPY UPS IN 1 MIN**

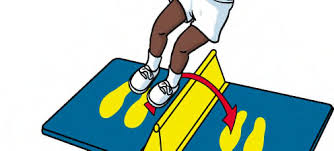






**SPEED BOUNCE -2 FOOTED JUMPS OVER OBJECT 15 CMS HIGH**

**JUGGLING**

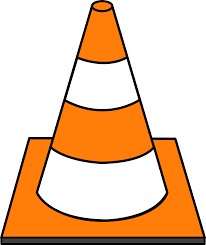


**DRIBBLE AROUND CONES 10 STRIDES APART**





**PICK UP OBJECT RUN TO OTHER END PUT IN TARGET PICK UP ANOTHER OBJECT RUN BACK & REPEAT FOR 1 MIN**

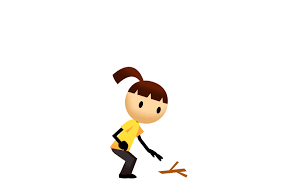


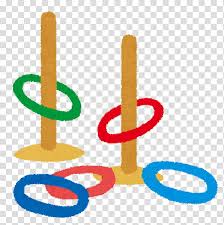
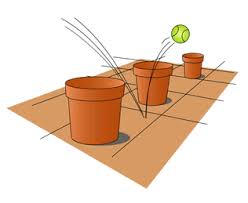
**SPRINT BETWEEN 2 CONES 10 STRIDES APART**

**TOUCH CONE EACH TIME**



**HIT THE TARGET**





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