

Snakes & Ladders



49 Move and complete 10 laps of your house or garden	50 Skip for 60 seconds	51	52 Play a game of active noughts and crosses	Pass a ball around your waist or head 25 times	54 Throw an object into a target 10 times in a row	55 Move up and down 250 steps	
Perform 25 push ups	47 Learn a karate sequence	46 Jump up and down in a space 40 times	45 Ride a bike or a scooter	44	43 Balance on a part of your body for 90 seconds		41 Balance an object on your head for 30 seconds
33 Throw and catch a ball 25 times	34 Create and complete an obstacle course	35	36 Dribble a ball through 3 objects, 10 times	37 Play a game of Boccia	38 Have a relay race	39 Throw or roll a ball against a wall or with a sibling	Perform 45 star jumps
32 Perform 50 sit ups	31 Perform 25 squats	Perform 40 of the same type of jump	29 Tap a ball on a racket 25 times	28 Play 10 pin bowling	27 Jump over a pillow 60 times	26 Dribble a ball through 3 objects, 10 times	25 Invent and play a new game
17 Complete 25 shuttles (running or moving)	18	19 Have a running race	20 Perform a dance sequence	21 Research and perform the Haka	22	Hop on the spot 30 times	24
16 Run/Move on the spot for 60 seconds	15 Keep a balloon in the air for 60 seconds	14	Balance on one leg without it touching the floor	12 Throw or roll an object into a target 10 times in a row	11	10 Create a short gymnastics sequence	
Start Here	2	3 Perform 50 mountain climbers	4 Play musical statues or musical chairs	5 Perform a short fitness workout	Jump up and down in a space 40 times	7 Play a new game with a sibling, parent or carer	8 Balance in a plank position

How to play:

- Each player begins by putting their marker on the space that says 'Start Here'.
- Each player takes it in turns to roll the dice.
- Move your marker forward the number of spaces shown on the dice.
- If your marker lands at the bottom of a ladder, you can move up to the top of the ladder.
- If your counter lands on the head of a snake, you must move down to the bottom of the snake.
- If your counter lands on a red circle you must complete the challenge within 60 seconds. If you complete the challenge within 60 seconds move forwards two spaces, if you don't move back two spaces.
- Players are not allowed to roll the dice again until they have completed the activity they have landed on.
- The first player to get to the trophy is the winner.