




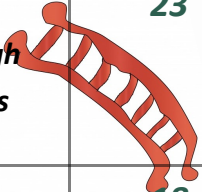

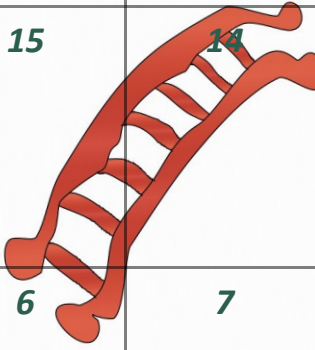



# Active Snakes and Ladders

If you don't have a dice, just cut up 6 pieces of paper, write 1-6 on them and pick 1 out of a cup to show how many squares you require to move

Normal snakes and ladders rules apply, if you land at the bottom of the ladder, climb it, if you land snakes, head back down to the tail

Remember to do the exercises if you land on any of them!

	42	43 	44	45	46	47  Spin Round 3 times	48	49	50
	39	38 Skip Around the Room	37	36	35 Keepy Ups	34	33	32 	31
21	22 10 High Knees 	23	24	25	26	27 10 Heel Flicks	28	29	30
20 	19	18	17 10 Crab Walks	16	15	14 	13	12 Run on Spot 20 seconds	11
	2	3 10 Hops on each leg	4	5	6	7	8 10 Star Jumps	9	10