## **ACTIVITY SNAKES AND LADDERS**

Go forward 4 spaces	Dance crazy for 22 secs	23 Go down the snake	Go down the snake	25 Sprint on spot x 25 seconds	26 Sprint on spot x 26 seconds	27 Go down the snake	28 Dance crazy for 28 secs	29 Go down the snake	30
20 Star jumps x 20 secs	5it ups x 19 secs	Go up the ladder	17 Go down the snake	Do 16 Star Jumps	Go back 1 space	5print on spot x 14 secs	Dance crazy x13 secs	12 Go back 1 space	11 Get up and sit down ×11
Ready Steady Play	Go forward 1 space	Do 3 Different stretches	Go up the ladder	Go forward 2 spaces	Do 6 squat jumps	Do 7 sit	Go up the ladder	Go up the ladder	5print on spot × 10 secs