



# HAMPSHIRE SCHOOL GAMES: Snakes and Ladders Warm-Up Game

Name: \_\_\_\_\_

Year Group: \_\_\_\_\_

School: \_\_\_\_\_



|                                      |                                      |                                      |                               |                            |                              |
|--------------------------------------|--------------------------------------|--------------------------------------|-------------------------------|----------------------------|------------------------------|
| 25<br>Slide down the snake           | 26<br>Sprint on the spot for 26 secs | 27<br>Do 27 Squats                   | 28<br>Dance crazy for 28 secs | 29<br>Slide down the snake | 30<br>Do a victory dance     |
| 24<br>Sprint on the spot for 24 secs | 23<br>Slide down the snake           | 22<br>Dance crazy for 22 secs        | 21<br>Go forward 4 spaces     | 20<br>Do 20 star jumps     | 19<br>Do sit ups for 19 secs |
| 13<br>Dance crazy for 13 secs        | 11<br>Go Back 1 space                | 10<br>Sprint on the spot for 15 secs | 16<br>Do 16 star jumps        | 17<br>Slide down the snake | 18<br>Climb the ladder       |
| 12<br>Climb the ladder               | 11<br>Get up and sit down 11 times   | 10<br>Sprint on the spot for 15 secs | 9<br>Do 9 press ups           | 8<br>Go back 1 space       | 7<br>Do 7 jumping jacks      |
| 1<br>Ready Steady Go!                | 2<br>Go forward 1 space              | 3<br>Do 3 different stretches        | 4<br>Climb the ladder         | 5<br>Do 5 squat jumps      | 6<br>Go forward 1 spaces     |

This week's warm-up game is Snakes and Ladders!  
You can play by yourself or with your family.

Choose a piece of equipment to represent your character, then take turns in rolling the dice and move your piece the correct number of squares.

Every time you land on a square you will need to complete that activity before the next person can take their turn.

Keep playing for 20 minutes to warm up properly, even if you end up winning!

Don't forget to climb ladders if you land on them, or slide down snakes if they catch you.

Once finished you will be nice and warm to start

your Daily Challenge

Good Luck and have fun!