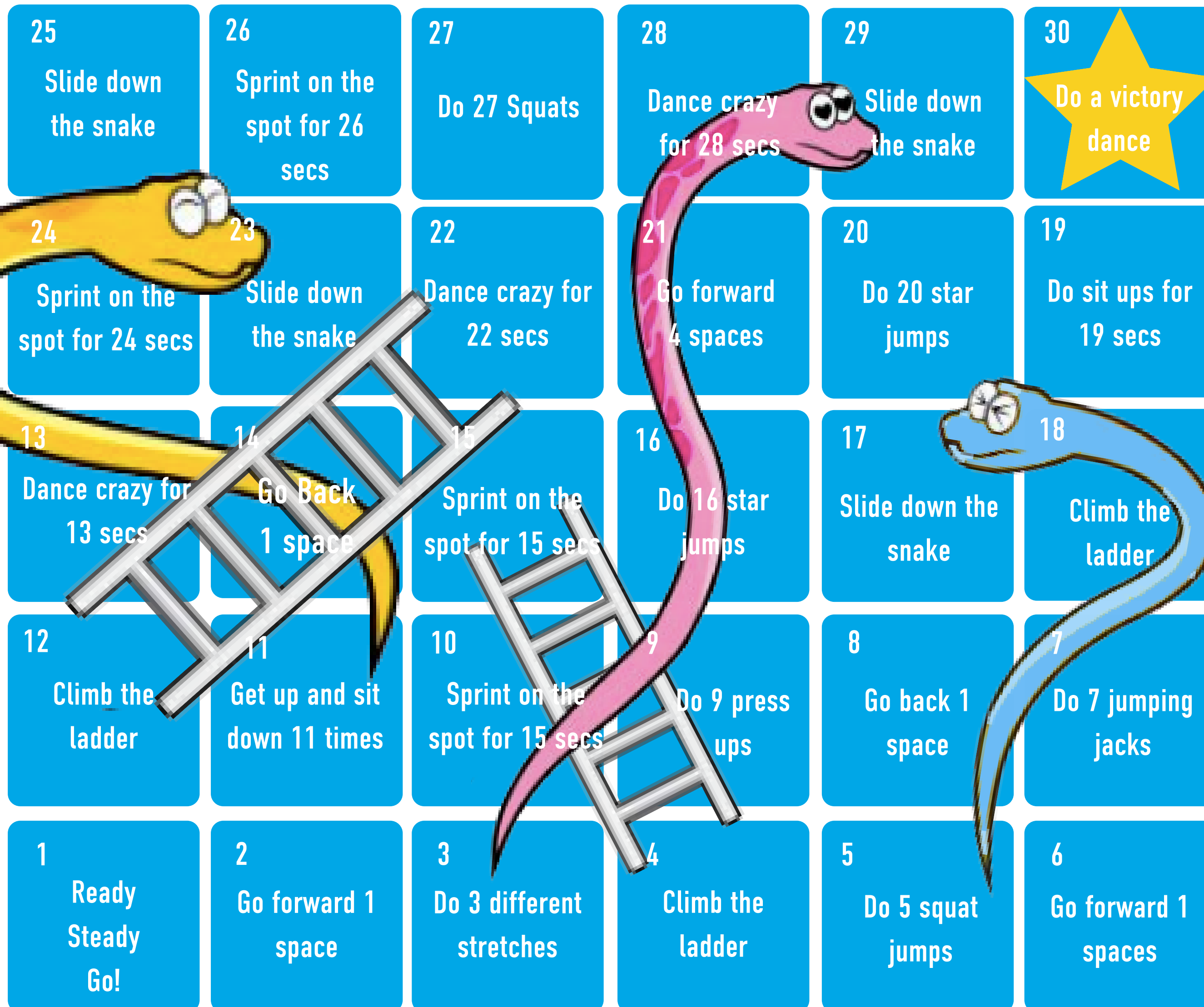


HAMPSHIRE SCHOOL GAMES: Snakes and Ladders Warm-Up Game

Name: Year Group: School:

This week's activities will focus on the school games value of **DETERMINATION**



25 Slide down the snake	26 Sprint on the spot for 26 secs	27 Do 27 Squats	28 Dance crazy for 28 secs	29 Slide down the snake	30 Do a victory dance
24 Sprint on the spot for 24 secs	23 Slide down the snake	22 Dance crazy for 22 secs	21 Go forward 4 spaces	20 Do 20 star jumps	19 Do sit ups for 19 secs
13 Dance crazy for 13 secs	14 Go Back 1 space	15 Sprint on the spot for 15 secs	16 Do 16 star jumps	17 Slide down the snake	18 Climb the ladder
12 Climb the ladder	11 Get up and sit down 11 times	10 Sprint on the spot for 15 secs	9 Do 9 press ups	8 Go back 1 space	7 Do 7 jumping jacks
1 Ready Steady Go!	2 Go forward 1 space	3 Do 3 different stretches	4 Climb the ladder	5 Do 5 squat jumps	6 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!

Activity

Description

Each Activity to last 5 minutes.

Enter your score or tick in the relevant box below if you took part in the activity.

<p>Move it Monday SHUTTLE RUNS Markers</p>	<ul style="list-style-type: none">• Create a shuttle run with 2 markers. You need a straight line somewhere in your house/garden, preferably 5m long.• If you do not have enough space then set up a circle to run around instead.• How many shuttle runs/loops can you do in 3 minutes?• Increase the time to make it more challenging.	
<p>Try it Tuesday RIVER CROSSING A start and finish line 2 Objects</p>	<ul style="list-style-type: none">• You need a start and finish line, and two hard items that you can stand on i.e. floats, spots, card etc.• The space between your start and the finish line is a river; you must cross the river without falling in. You must use your two items to cross.• Only your feet and hands can touch your items, no body part is allowed to touch the river (floor), if you do you need to start again – How quickly can you cross• Use smaller items to make it more challenging!	
<p>Well-Being Wednesday YOGA Music, pen and paper</p>	<ul style="list-style-type: none">• Complete the Yoga routine with some relaxing music on. Hold each pose for up to 20 seconds. Complete each move slowly and try to relax and breathe. Complete it once and write down something great about a family member.• Repeat the poses the second time and write down something great about a friend and finally repeat it a third time and write something great about yourself.• Challenge- Tell us one great thing about yourself. Write it in the box!	
<p>Train it Thursday TENNIS KEEPY UPS Racket/Hand/Book Ball/Paper/Balloon</p>	<ul style="list-style-type: none">• You need to keep an object in the air as long as possible. You can use a racket, your hand or a hard book.• You will also need a ball, a balloon or a rolled-up piece of paper.• Bounce your object as many times as you can without it dropping it on the floor. How many can you do?• Use your weaker hand.	
<p>Feel Good Friday FREESTYLE DANCE Music of you choice</p>	<ul style="list-style-type: none">• Choose a piece of music that makes you feel happy• Dance with your family and choose who has been the most creative or active• Tick the box to let us know you did it• If you want to send in a picture too that would be great!• Challenge yourself by Dancing for longer or changing your speed!	