

Active snakes and ladders

Active snakes and ladders is a fun and active challenge that can be played on your own or with a partner.

This isn't your usual snakes and ladders game, some of the squares have a physical action you must perform to proceed!

Land on a ladder and you can move up but land on a snake and you're sliding down the board.

The first one to reach the end is the winner.

What you will need?

Snakes and Ladders work sheet

How do I gain credits for this Children's University activity?

Simply take part in the activity and evidence your wonderful work. Make a note of the special 'Activity Stamp Code' at the bottom of this page and take it into school. If you have a Passport to Learning call the Activity '*Enrich Education Online*' and write down the activity code in the '*Stamp of Approval*' section.

Finish	23	22	21	20
19	18	17	16	15
14	13	12	11	10
9	8	7	6	5
Start	1	2	3	4

1. REST
2. PRESS UPS
3. REST
4. 10 STAR JUMPS
5. REST
6. REST
7. 20 SECOND RUN ON SPOT
8. 10 SIT UPS
9. REST
10. 10 TOE TAPS

11. 6 STANDING LONG JUMPS
12. REST
13. REST
14. 10 HIGH KNEES
15. REST
16. REST
17. REST 15 SECOND PLANK
18. REST
19. 10 BUNNY HOPS
20. 10 MOUNTAIN CLIMBS

21. REST
22. Jog on Spot
For 20 seconds
23. Rest