

SNAKES AND LADDERS PHYSICAL CHALLENGE
SECONDARY

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | | | | ★ |
| 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| | | | | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | | | | | | |

| NUMBER CHALLENGE | EASY CHALLENGE | MEDIUM CHALLENGE | HARD CHALLENGE | SUPERSTAR CHALLENGE |
|--------------------------------|----------------|------------------|----------------|---------------------|
| 1 – GET STARTED | | | | |
| 2 - PLANK | 45 secs | 90 sec | 2 mins | 3 mins |
| 3 - PRESS UPS | 10 | 20 | 30 | 50+ |
| 4 - BURPEES | 10 | 20 | 30 | 40+ |
| 5 – STEP UPS | 30 | 45 | 60 | 75+ |
| 6 – PARTNER SELECTS CHALLENGE | | | | |
| 7 – BICEP CURLS | 10 | 15 | 25 | 35+ |
| 8 – EXERCISE OF YOUR CHOICE | | | | |
| 9 – LIFT IT | 15 items | 20 items | 25 items | 35+ items |
| 10 - CRUNCHIES | 15 | 25 | 30 | 40+ |
| 11 – SIT UPS | 15 | 25 | 30 | 40+ |
| 12 – BOX JUMPS | 10 | 15 | 20 | 25+ |
| 13 – PRESS UPS | 10 | 20 | 30 | 50+ |
| 14 – PARTNER SELECTS CHALLENGE | | | | |
| 15 – PLANK - 1 ARM | 45 secs | 90 sec | 2 mins | 3 mins |
| 16 – YOUR CHOICE | | | | |
| 17 – STEP UPS | 30 | 45 | 60 | 75+ |
| 18 – BICEP CURLS | 10 | 15 | 25 | 35+ |
| 19 - BURPEES | 10 | 20 | 30 | 40+ |
| 20 – LIFT IT | 15 items | 20 items | 25 items | 35+ items |
| 21 - CRUNCHIES | 15 | 25 | 30 | 40+ |
| 22 – SIT UPS | 15 | 25 | 30 | 40+ |
| 23 – STEP UPS | 30 | 45 | 60 | 75+ |
| 24 – PARTNER SELECTS CHALLENGE | | | | |
| 25 – PLANK OF YOUR CHOICE | 45 secs | 90 sec | 2 mins | 3 mins |
| 26 – BOX JUMPS | 10 | 15 | 20 | 25+ |
| 27 – BICEP CURLS | 10 | 15 | 25 | 35+ |
| 28 – PRESS UPS | 10 | 20 | 30 | 50+ |
| 29 – YOUR CHOICE EXERCISE | | | | |
| 30 – CHALLENGE COMPLETED | | | | |

RULES:

- ✓ ONLY USE 1 DICE
- ✓ PLAY INDIVIDUALLY PERSONAL CHALLENGE OR WITH AS MANY PEOPLE AS YOU LIKE
- ✓ CAN BE DONE INSIDE OR OUTSIDE
- ✓ **WARM UP** BEFORE STARTING CHALLENGE
- ✓ **SAFETY FIRST WHEN DOING CHALLENGES**
- ✓ MODIFY CHALLENGE WHERE APPROPRIATE

STEP UPS

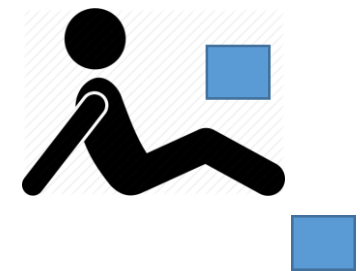
USE THE STAIRS AND REMEMBER TO STEP ONTO WHOLE FOOT NOT JUST YOUR TOES

BOX JUMP

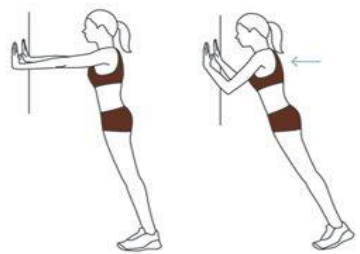
2 FOOTED JUMPS ONTO HARD SURFACE - eg BOTTOM STEP OF STAIRS (**BE CAREFUL IF USING OTHER SURFACE**)

| 1. Modified plank | 2. Standard plank | 3. Heel lift plank | 4. Side plank |
|---|---|---|--|
|  |  |  |  |

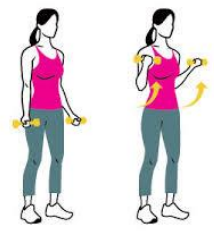
LEG LIFT – USING FEET LIFT OBJECTS eg GLOVES, SCARVES, SOCKS FROM ONE SIDE TO THE OTHER



PRESS UPS
EASY **MEDIUM/HARD CHALLENGE**



BICEP CURL – USE TIN OF FOOD IF NO HAND WEIGHTS. HANDS UP TO SHOULDER TOGETHER OR ALTERNATE



CRUNCHIES
KEEP FEET OFF THE FLOOR



How to do Burpees



SIT UPS
1. EASY 2. MEDIUM 3. HARD / SUPERSTAR

| 1. Half sit-up | 2. Standard sit-up | 3. Twisted sit-up |
|---|---|---|
|  |  |  |