Multi-skill Snakes & Ladders

You will need a dice, a marker (button, counter, plastic bottle top, etc.) and a ball. You can play on your own or competitively with your family to see who wins the game.

Throw the dice and whichever number it lands on you move that number of spaces, then complete the task. Follow the arrows around the board, but if you land at the bottom of a ladder then you can go up to the top and complete that task. However, if you land on a tail of a snake you have to back down and complete that task.

You can choose how many you do of each task; you might start on 5 (or seconds) of each, but then decide to do 10, 15, or 20. You might try to challenge yourself and see how many you can do and beat your score each time. Good luck!

Crab Walk	Star jumps	One hand throw & catch	Sit ups	Wall sits	Kick ups	Burpees	END Your choice!
Burpees	Crab Walk	Star jumps	One hand throw & catch	Sit ups	Wall sits	Kick ups	Burpees
Kick ups	Burpees	Crab Walk	Star jumps	One hand throw & catch	Sit ups	Wall sits	Kick ups
Wall sits	Kick ups	Burpees	Crab Walk	Star jumps	One hand throw & catch	Sit ups	Wall sits
Sit ups	Wall sits	Kick ups	Burpees	Crab Walk	Star jumps	One hand throw & catch	Sit ups
One hand throw & catch	Sit ups	Wall sits	Kick ups	Burpees	Crab Walk	Star jumps	One hand throw & catch
START Star jumps	One hand throw & catch	Sit ups	Wall sits	Kick ups	Burpees	Crab walk	Star jumps

Task descriptions follow on page 2.

Star jumps: to do a star jump, stand tall with your arms by your side and knees slightly bent. Jump up, extending your arms and legs out into a star shape in the air. Land softly, with your knees together and hands by your side. Keep your abs tight and back straight during the exercise.

One hand throw and catch: to do this, pick whether you want to work on your dominant hand or your weaker hand. Stand tall with your arms ready and knees slightly bent. Hold the ball in your hand and throw it up straight up into the air. The higher hight the ball goes the more of a challenge it is to catch it. When the ball comes down, have your hand cupped and your elbow relaxed to let the ball fall into your hand then grip the ball.

Sit ups: to do a sit up, lie down on your back, then bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck to curl your upper body all the way up toward your knees. Then slowly return shoulders to the ground.

Wall sits: to do a wall sit, make sure your back is flat against the wall. Set your feet about shoulder-width apart and then about 2 ft (60cm) out from the wall. Slide your back down the wall, bending your legs until they're in a 90-degree angle (right angle) or as close as you can get! Then HOLD your position for the time set, while contracting your stomach muscles.

Kick ups: Hold the ball straight out in front of you so that it is at the height of your chest. Drop it and let it bounce. As the ball begins to descend after this bounce, kick it back up into the air. Try to kick it with your dominant foot hard enough that it reaches chest height. Try to kick the ball with your foot angled slightly upward. Make sure to kick the ball with your laces. Instead of catching the ball every time you kick it, kick it up into the air and as it falls, kick it up again rather than letting it bounce on the ground. Try to keep the ball under control. Focus on juggling with one foot until you feel confident, then switch to the other foot. Practice until you feel confident juggling with both feet.

Burpees: to do a burpee, stand with your feet shoulder-width apart with your arms at your sides. Lower your body into a squat and place your hands on the floor directly in front of your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back drop or your bottom stick up in the air. Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately drop into a squat.

Crab walk: to do a crab walk, sit with your feet flat on the floor and the knees pointing up. Your hands go behind your back and push down on the floor to lift the bottom up off the floor. Then move your arms and legs to carry your body across the ground. It is easier to move backwards than forwards.