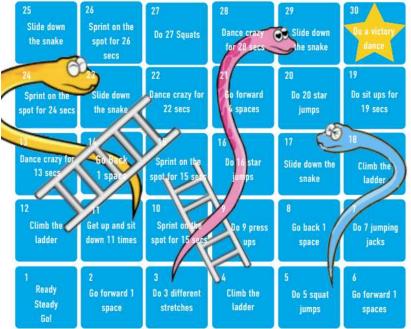


## Schools HAMPSHIRE SCHOOL GAMES: Snakes and Ladders Warm-Up Game

Name: Year Group: School:

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



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 them, or slide down snakes if they catch you.

Once finished you will be nice and wa. + o start your Daily Challenge

Good Luck and have fun!

## Activity

Try it Tuesday
RIVER CROSSING
A start and finish line
2 Objects

- · 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!