

Snakes and Ladders

The board consists of 35 numbered squares arranged in a grid. The path starts at square 1 and ends at square 35. The board includes a snake, a ladder, and various physical activity tasks.

31	32	33	34	35
10 Burpees	15 Jumping Jacks	10 Sit ups	Say "Good Game" to your opponent	FINISH
30	29	28	27	26
10 Star Jumps	10 Squats	10 Lunges	10 Leg Raises	15 High Knees
21	22	23	24	25
20 Jumping Jacks	Skip in place until your next turn	5 Bridges	5 Burpees	Water Break
20	19	18	17	16
Run around the room once	10 Squats	5 Lunges	10 Star Jumps	10 Leg Raises
11	12	13	14	15
Water Break	5 Burpees	5 Sit ups	20 High Knees	5 Bridges
10	9	8	7	6
15 Star Jumps	5 push-ups	High Five your opponent	5 Squats	10 lunges
1	2	3	4	5
START	Run around the room once	10 Jumping Jacks	Skip in place until your next turn	10 sit ups