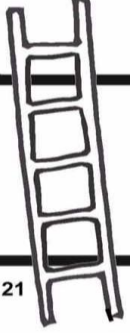
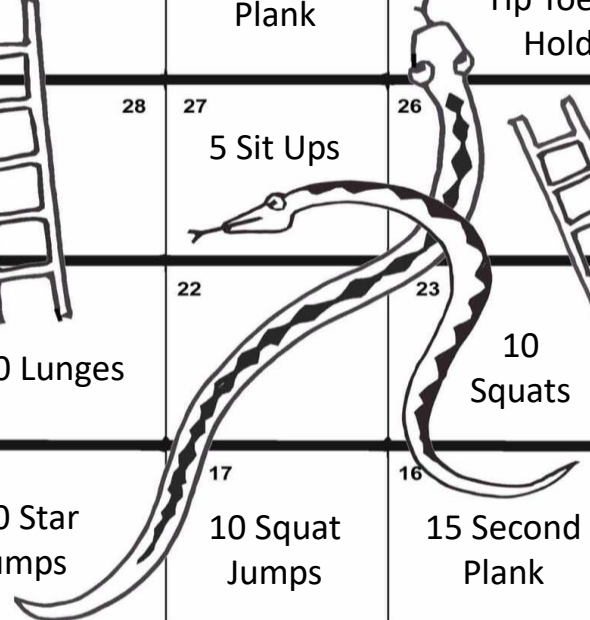
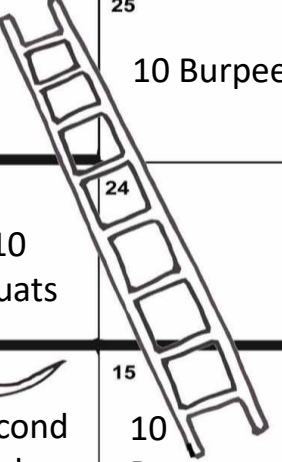
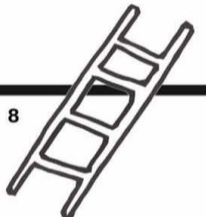
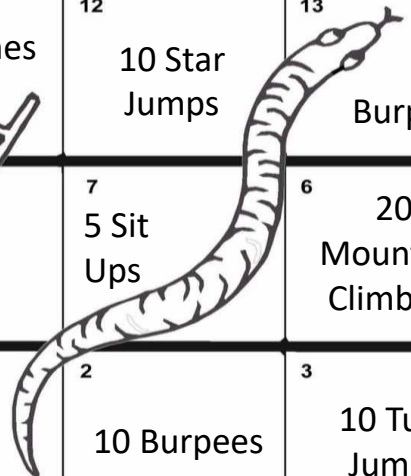



|                                |  |                       |  |                |  |
|--------------------------------|--|-----------------------|--|----------------|--|
| 30<br>20 Second Sprint on Spot | 31<br>10 Lunges<br>   | 32<br>15 Second Plank | 33<br>60 Seconds Tip Toe Hold  | <b>FINISH</b>  |  |
| 29<br>10 Star Jumps            | 28   | 27<br>5 Sit Ups       | 26<br>                |                | 25<br>10 Burpees   |
| 20<br>20 Mountain Climbers     | 21<br>10 Lunges  | 22                    | 23<br>10 Squats  |                | 24<br> |
| 19<br>60 Seconds High Knees    | 18<br>10 Star Jumps  | 17<br>10 Squat Jumps  | 16<br>15 Second Plank  |                | 15<br>10 Burpees   |
| 10<br>10 Tuck Jumps            | 11<br>5 Crunches<br> | 12<br>10 Star Jumps   | 13<br>10 Burpees<br> |                | 14<br>20 Second Sprint on Spot   |
| 9<br>10 Second Wall Sit        | 8<br>               | 7<br>5 Sit Ups        | 6<br>20 Mountain Climbers  |                | 5<br>5 Crunches  |
| <b>START</b>                   | 1<br>10 Star Jumps   | 2<br>10 Burpees       | 3<br>10 Tuck Jumps   | 4<br>10 Lunges |  |

### Instructions:

- This weekend's challenge is based on the classic game of Snakes and Ladders.
- For this game, all you need is a die to work out how many steps you need to make (you could also use an online die if you haven't got any in the house!).
- The number that you roll is the number of spaces that you move on the board.
- Depending on where you land, you will have a physical movement to make.
- Once you have completed the movement, you can remain on that position.
- First person to reach the end is the winner!

### Extra Challenges:

1. Create your own! Use the board as an idea or take a pen and a piece of paper and think of your own movements.

For Daily Challenges visit:

[www.valeroyschoolsport.org/home-learning](http://www.valeroyschoolsport.org/home-learning)



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