**FITNESS SNAKES AND LADDERS**

This game is played like traditional snakes and ladders but with an exercise to do on each square you land on. All you need to play this game is a counter for each player and one dice.

A few points to note:

* Player with the smallest number of letters in their name goes first
* Climb up the ladders and slide down the snakes
* If you land on a snake or ladder you must perform the exercise before moving up or down along with the one you land on
* If you roll a 6 you get another turn
* You must land directly on the finish square to win
* If your final roll takes you past the finish you stay put and perform that exercise again
* Winning player gets to pick a forfeit from the board for all other players to perform

Resources:

If you can’t print this, pupils could copy it onto paper/card (back of a cereal box) or design their own snakes and ladders game using alternative exercises.

If you don’t have a dice, write the numbers 1 to 6 on separate pieces of paper and put them in a bag so it acts like a lucky dip

If you don’t have counters, you could use coins, lids of pens or any other small object which could fit on the board.

Enjoy!