**Activity Sheet Nine** : This week our activity is inspired by a traditional board game.

Take some photos to show your friends & family how well you are doing & what fun you are having being active.

**Safety**- try to move anything that you could break or trip over out of the way. Make sure your shoe laces are tied up & you have a drink read

**ACTIVITY : SNAKES AND LADDERS :** Ladder = climb up Snake = slide down**![A close up of a map

Description automatically generated]()**

* **What different movements/tasks could you do if you find some of the challenges a bit tricky or a bit easy?**
* **Think of some alternative movements/tasks & put them into the game**
* **Remember each player could have different movements so that everyone can play together**
* **Could you add some equipment to the movements/tasks or make them partner tasks & play in pairs?**