

Snakes &

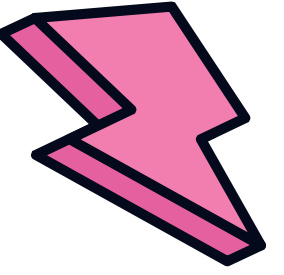
Ladders

Classroom





Snakes & Ladders Classroom



TIME

10 minutes

HOW TO PLAY

Get yourself any snakes and ladders board game reaching 100, or simply print and laminate the attached PDF board we have made for you in this resource. Once you have the board, allocate an exercise or question to each number in 10's e.g. 7, 17, 27, 37 up to 97.

Below are two sample games, One is an energy break classroom game, the second example is a team building game.

Split participants into teams of 2 – 4 players. participants take turns to roll the dice and move to the appropriate square. Once there, they complete the activity allocated to that number. They continue doing this and trying to work their way to the finishing square. If they land on a snake or a ladder, it is as per the traditional game, they either go up or down, completing the exercise to the allocated square.

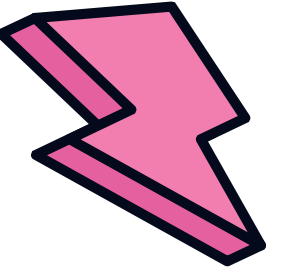
Play continues until one team manages to work their way to the finish line, resulting in the game winner. Pending the luck of the dice you may have time to complete another round. You may also like to group the participants in teams of mixed abilities, offering varying rep levels for the energiser game (eg. Beginners 10 reps, intermediate 15 reps and advanced 20 reps)

The team doesn't move on until all participants have completed the appropriate reps or team building challenge.

We also encourage that you use the same concept with different subjects such as literacy, numeracy, history, science and so on. Use the attached board game design to create your own unique curriculum game. Another option is to encourage students to create questions or challenges relating to a topic/lesson the class has completed. This is an extremely powerful way to reflect or revise past lesson subjects



Snakes & Ladders Classroom



Exercises & activities for snakes and ladders board

| Number | Energiser exercises | Team building challenges |
|-----------------------|---------------------|---|
| 1, 11, 21 up to 91 | 10 sit-ups | Find ten rhyming words as a team |
| 2, 22, 32, up to 92 | 10 pushups | Create a unique greeting that you all complete |
| 3, 13, 23, up to 93 | 10 chair squats | Create a group hold that is safe and challenging |
| 4, 14, 24, up to 94 | 5 burpees | Write down five countries or capital cities in Europe |
| 5, 15, 25, up to 95 | 10 leg raises | Each team member must write their full name backwards |
| 6, 16, 26, up to 96 | 10 star jump squats | Find a favorite song, singing 10 seconds of the chorus |
| 7, 17, 27, up to 97 | 10 alternate lunges | Complete 50 star jumps as a team. For example, if you have 5 team members each player completes 10 star jumps |
| 8, 18, 28, up to 98 | 10 tuck jumps | Crawl safely as a team around the classroom |
| 9, 19, 29, up to 99 | 10 glute raises | Grab a dice for each team member, a six must be rolled before the game can continue. |
| 10, 20, 30, up to 100 | 30 second plank | As a team all say your 3 times tables up to 36 or for older students say your 7 times tables up to 84. |

SNAKES & LADDERS
Fitness

| | | | | | | | | | |
|-----|----|----|----|----|----|----|----|----|----|
| 100 | 99 | 98 | 97 | 96 | 95 | 94 | 93 | 92 | 91 |
| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 |
| 80 | 79 | 78 | 77 | 76 | 75 | 74 | 73 | 72 | 71 |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 |
| 60 | 59 | 58 | 57 | 56 | 55 | 54 | 53 | 52 | 51 |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |