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| --- | --- | --- | --- | --- | --- | --- | --- |
| 64  PE Snakes and Ladders – all you need is a dice, suitable clothing, a safe space and some water – enjoy!  Winner!  Well done everyone ☺ | 63  Lie on your front and jump up  10 x | 62  10 second plank | 61  Jump over a line/shoe 10 times | U:\#Artwork Library\#KS1\KS1 English\Writing Skills\Letter-Formation-Ladder-long.png60  Dance on  the spot  for 10 secs | 59  Safely go up and down a step 10x | 58  Hold 2  cans out to the side for 10sec | 57  Hop like a frog across the room twice. |
| 49  Walk like  a crab on all fours for  10 seconds | U:\#Artwork Library\#EYFS\EYFS Topics\EYFS Animals\3-Snakes.png50  Rest | U:\#Artwork Library\#KS1\KS1 English\Writing Skills\Letter-Formation-Ladder-long.png51  Crawl across the room twice | 52  10 jumping jacks | 53  10 sit ups | 54  Pretend to  climb a  ladder for 10 sec | 55  Rest | 56  Lie on your back and pretend to cycle for  10 secs |
| 48  Touch the floor and jump up 10x | 47  Pretend to hula hoop for 10 secs | 46  Jog on the  spot for  10 sec | 45  Rest | 44  Kick your  Bottom 10x | 43  Sit down  and get up from a chair 10x | U:\#Artwork Library\#EYFS\EYFS Topics\EYFS Animals\3-Snakes.png42  Jump as  High as you can 10x | U:\#Artwork Library\#KS1\KS1 English\Writing Skills\Letter-Formation-Ladder-long.png41  Box the  air 10x |
| U:\#Artwork Library\#KS1\KS1 English\Writing Skills\Letter-Formation-Ladder-long.png33  Jog for  10 seconds | 34  Rest | 35  Hold 2  cans out in front  of you for 10sec | 36  Run with high knees for 10 seconds | U:\#Artwork Library\#EYFS\EYFS Topics\EYFS Animals\3-Snakes.png37  Hop on  your right  foot 10x | 38  Rest | 39  Lie on your front and pull yourself across the room | 40  10 star  jumps |
| 32  10 squats | 31  10 seconds sprinting on the spot | U:\#Artwork Library\#EYFS\EYFS Topics\EYFS Animals\3-Snakes.png30  Fly like a bird around the room  For 10 secs | 29  10 jumping  jacks | 28  Rest | 27  Touch the floor and high five someone 10x | 26  10 second plank | 25  Safely go up and down a step 10x |
| 17  Box the air of 10 seconds | 18  Rest | 19    Skip for 10 seconds | 20  Kick your bottom 10 x | 21  10 sit ups | 22  U:\#Artwork Library\#EYFS\EYFS Topics\EYFS Animals\3-Snakes.pngLie on your front and jump up  10 x | 23  10 squats | 24  Roll like a log across the room twice |
| 16  Pretend to  climb a  ladder for 10 sec | U:\#Artwork Library\#KS1\KS1 English\Writing Skills\Letter-Formation-Ladder-long.png15  Walk like  a crab for  10 seconds | 14  10 jumping  jacks | 13  10 seconds running on the spot. | **U:\#Artwork Library\#KS1\KS1 English\Writing Skills\Letter-Formation-Ladder-long.png12**  Rest | **11**  Sit down  and get up from a chair 10x | **10**  Touch the floor and jump up 10x | **9**  Hop on your left foot 10 times |
| **1**  Start | **2**  10 squats | **3**  10 second plank | **4**  10 press ups | **5**  10 secs  high knees | **6**  10 jumping  jacks | **7**  10 sit ups | **8**  Jump over a line/shoe 10 times |