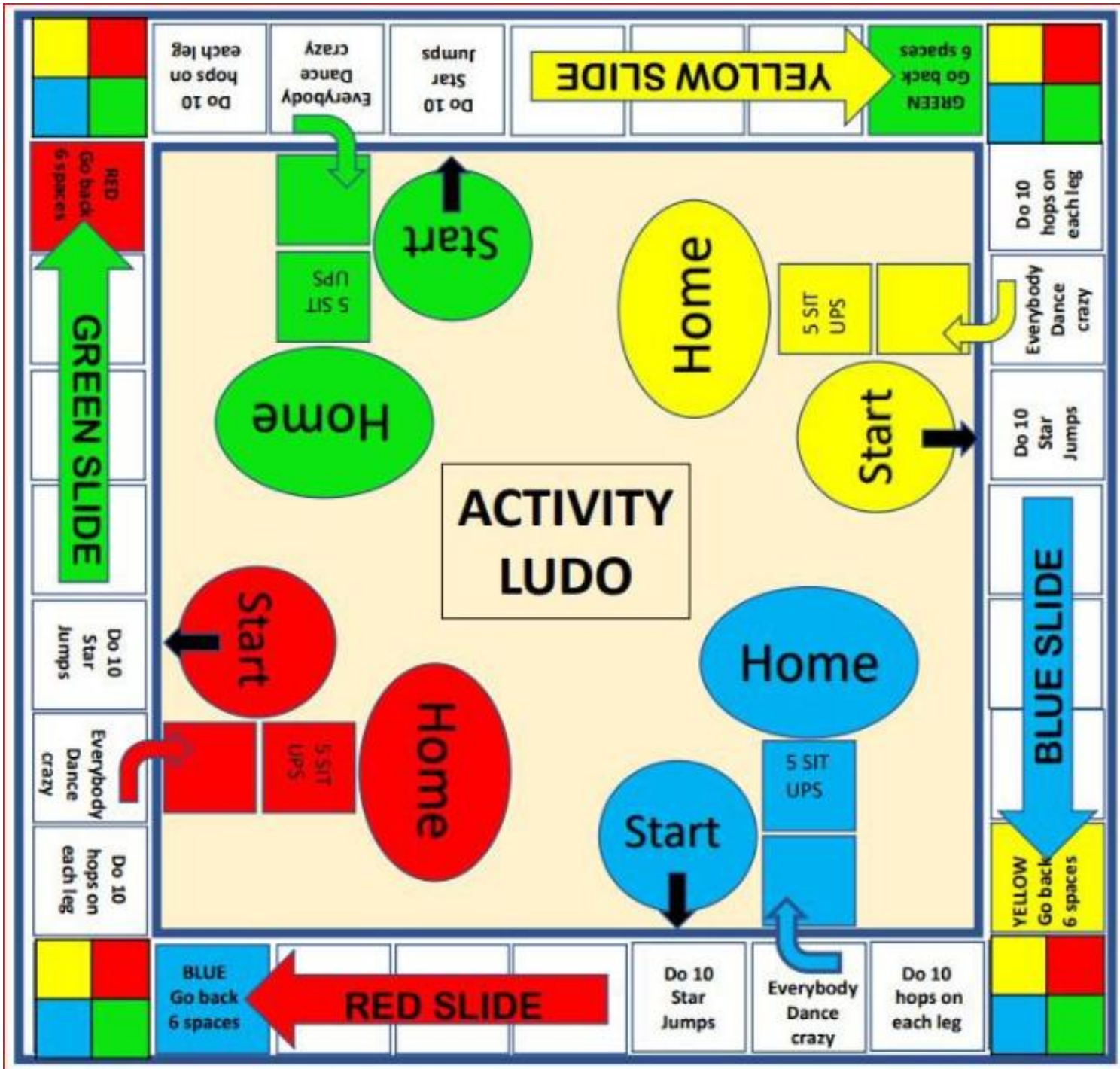


Activity Snakes and Ladders

Monday:

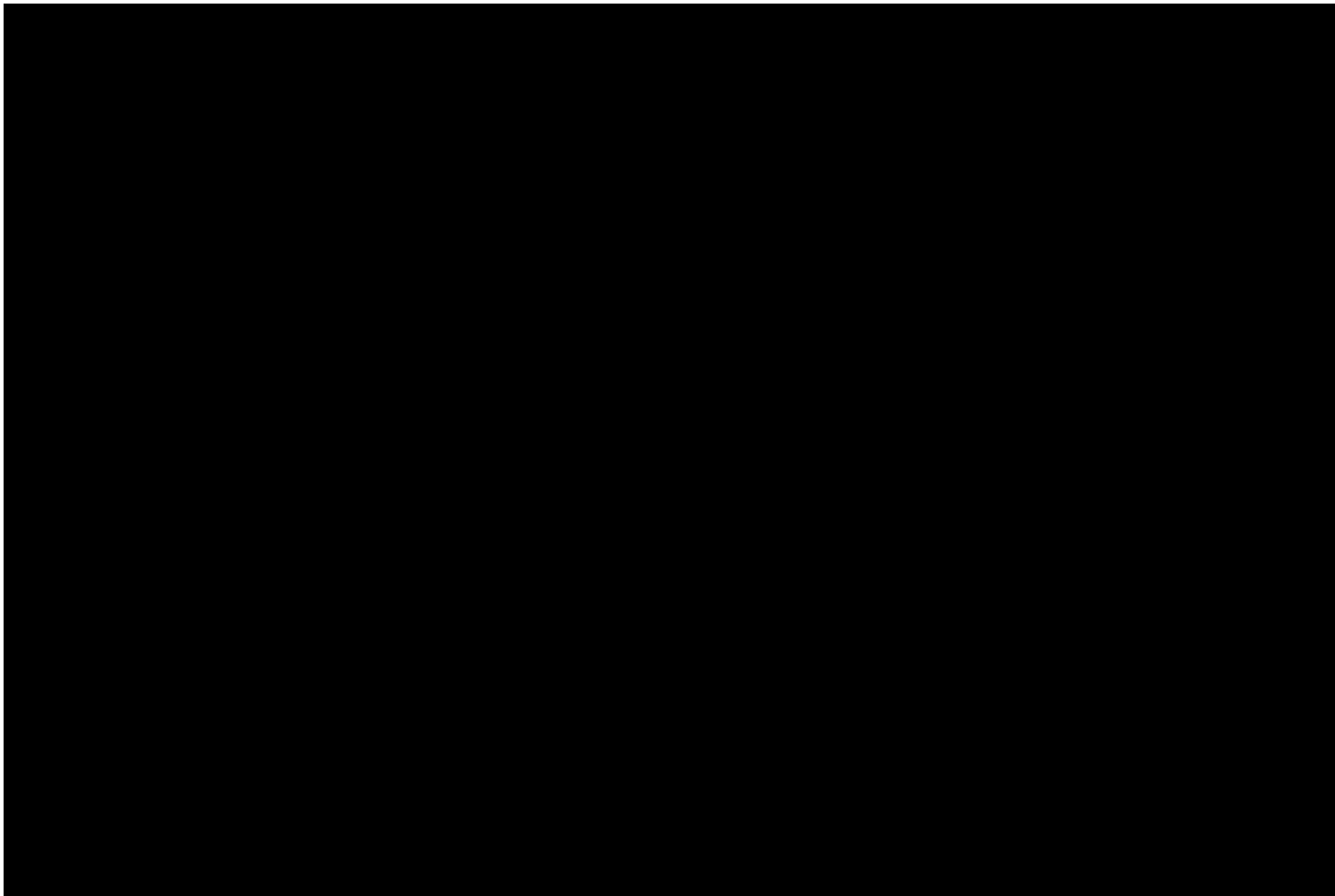
21 Go forward 4 spaces	22 Dance crazy for 22 secs	23 Go down the snake	24 Go down the snake	25 Sprint on spot x 25 seconds	26 Sprint on spot x 26 seconds	27 Go down the snake	28 Dance crazy for 28 secs	29 Go down the snake	30 ★
20 Star jumps x 20 secs	19 Sit ups x 19 secs	18 Go up the ladder	17 Go down the snake	16 Do 16 Star Jumps	15 Go back 1 space	14 Sprint on spot x 14 secs	13 Dance crazy x13 secs	12 Go back 1 space	11 Get up and sit down x11
1 Ready Steady Play	2 Go forward 1 space	3 Do 3 Different stretches	4 Go up the ladder	5 Go forward 2 spaces	6 Do 6 squat jumps	7 Do 7 sit ups	8 Go up the ladder	9 Go up the ladder	10 Sprint on spot x 10 secs

Tuesday:



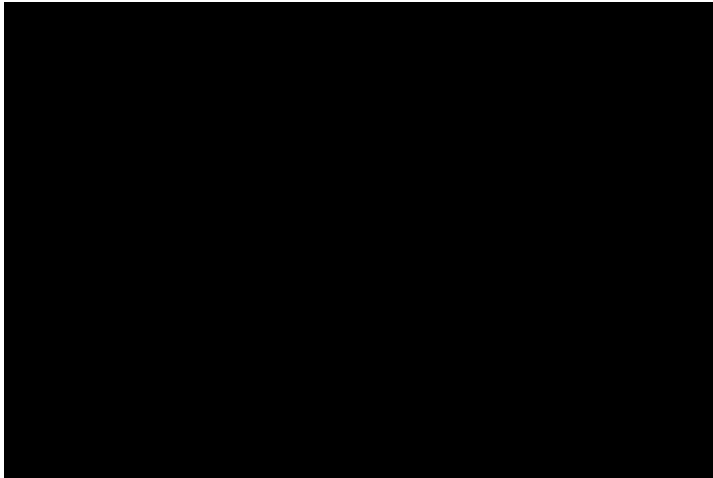
Thursday:

Watch the video and join in with the class. If you can chalk a 'clock' on the floor outside, even better!



Friday:

Watch the video on the 7 key locomotion skills for sport.



Ask somebody to watch you and check that you are using all the tips that the coach gave you.

Then, see if you can use the 7 basic skills to improve your abilities in the games in the next video:

