



# Snakes and Ladders

<b>FINISH</b>	Run on the spot for 30 seconds 30	<b>TASK 5</b>		<b>TASK 4</b>	Throw a ball/object into a bucket 5 times 25
	29		28		27
<b>TASK 3</b>			Hope on one leg 20 times 19		26
	18				25
16	17				24
		Throw a ball into the air and catch 5 times 13		<b>TASK 2</b>	
	15		12		23
	14				22
<b>START</b>		Do 20 star jumps 2	<b>TASK 1</b>	Throw and catch a ball 10 times 5	
	1		3		6
			4		7
					8
					9
					10
					11
					21
					20
					19
					18
					17
					16

## TASK 1

Watch and complete the routine on the mental addition and subtraction Supermovers video.

## TASK 2

Watch and complete the routine on the Spelling Rules Supermovers video.

## TASK 3

Watch complete the routine on the Solar System Supermovers video.

## TASK 4

Plan a healthy school menu for a full week, using all the food groups.

## TASK 5

Design your own PE lesson including a warm up, skill challenge and a game.

