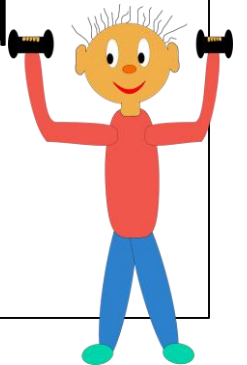




# Aim of the session

- To ensure you are working on your physical and mental well-being
- To have some **fun!**
- To hopefully become **fitter**

\*Feel free to involve the whole family in your exercise session and make it competitive!





# Snakes and Ladders!

- Your aim is to use the online dice roller (or a real dice if you have one) and reach the end of the board.
- If you land on a square you must complete the activity on that square.
- If you land on a ladder, follow it to the next square.
- If you land on a snake, follow it to the previous square.

**\*Please use the fitness cards on the slides after the game to help you with the exercises\***


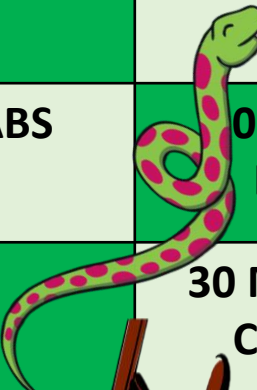





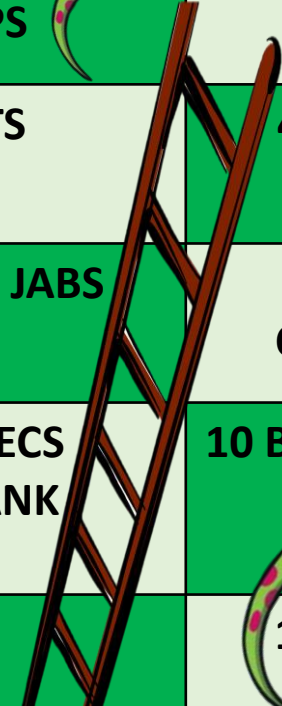
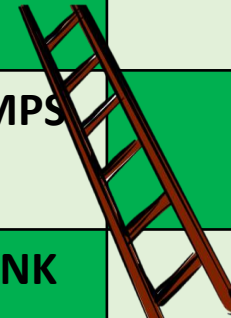





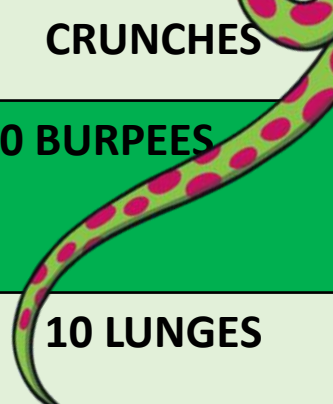


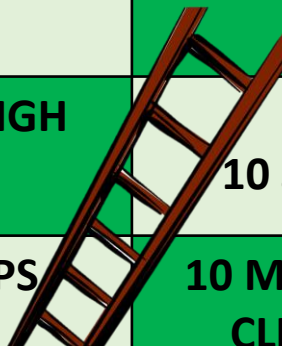


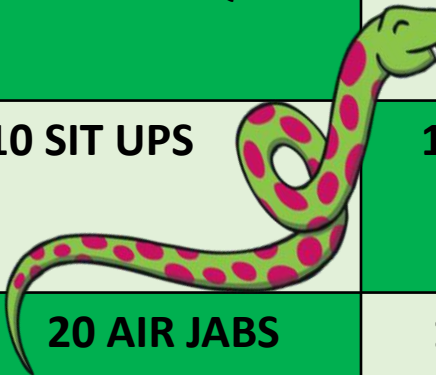



KING EDWARD VI  
BALAAM WOOD  
ACADEMY



KING EDWARD VI  
ACADEMY TRUST  
BIRMINGHAM

<https://www.google.com/search?q=dice+roller>

<b>FINISH</b>	<b>1 MINUTE PLANK</b>	<b>25 SIT UPS</b>	<b>15 PRESS UPS</b>	<b>20 BURPEES</b>	<b>30 SECS WALL SIT</b>
		<b>30 JUMPING LUNGES</b>	<b>30 STAR JUMPS</b>		
	<b>20 SIT UPS</b>	<b>30 MOUNTAIN CLIMBERS</b>	<b>20 SIT UPS</b>	<b>10 PRESS UPS</b>	
		<b>45 SECS HIGH KNEES</b>	<b>10 TUCK JUMPS</b>		
	<b>20 AIR JABS</b>	<b>20 CRUNCHES</b>	<b>30 SECS PLANK</b>		
		<b>10 BURPEES</b>	<b>20 MOUNTAIN CLIMBERS</b>	<b>15 SECS WALL SIT</b>	
	<b>15 STAR JUMPS</b>	<b>10 LUNGES</b>	<b>15 SECS HIGH KNEES</b>		
	<b>10 CRUNCHES</b>	<b>10 SIT UPS</b>	<b>10 MOUNTAIN CLIMBERS</b>		
<b>START</b>	<b>10 CRUNCHES</b>	<b>10 SIT UPS</b>	<b>10 MOUNTAIN CLIMBERS</b>	<b>5 PRESS UPS</b>	<b>10 STAR JUMPS</b>

# AIR JABS



Beginner -  
SLOW



Hard -  
FAST

# Press ups



Beginner

Hard

# Sit ups



Beginner



# Crunches

## ab crunch

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**20** crunches



**10** cross crunches



**10** long arm crunches



**20** air bike crunches



**10** knee crunches



**10** reverse crunches

Beginner

Hard

# Wall sit

Hard



Beginner



Hard



Hard





# Plank



Beginner

Hard

Hard

# Mountain climbers

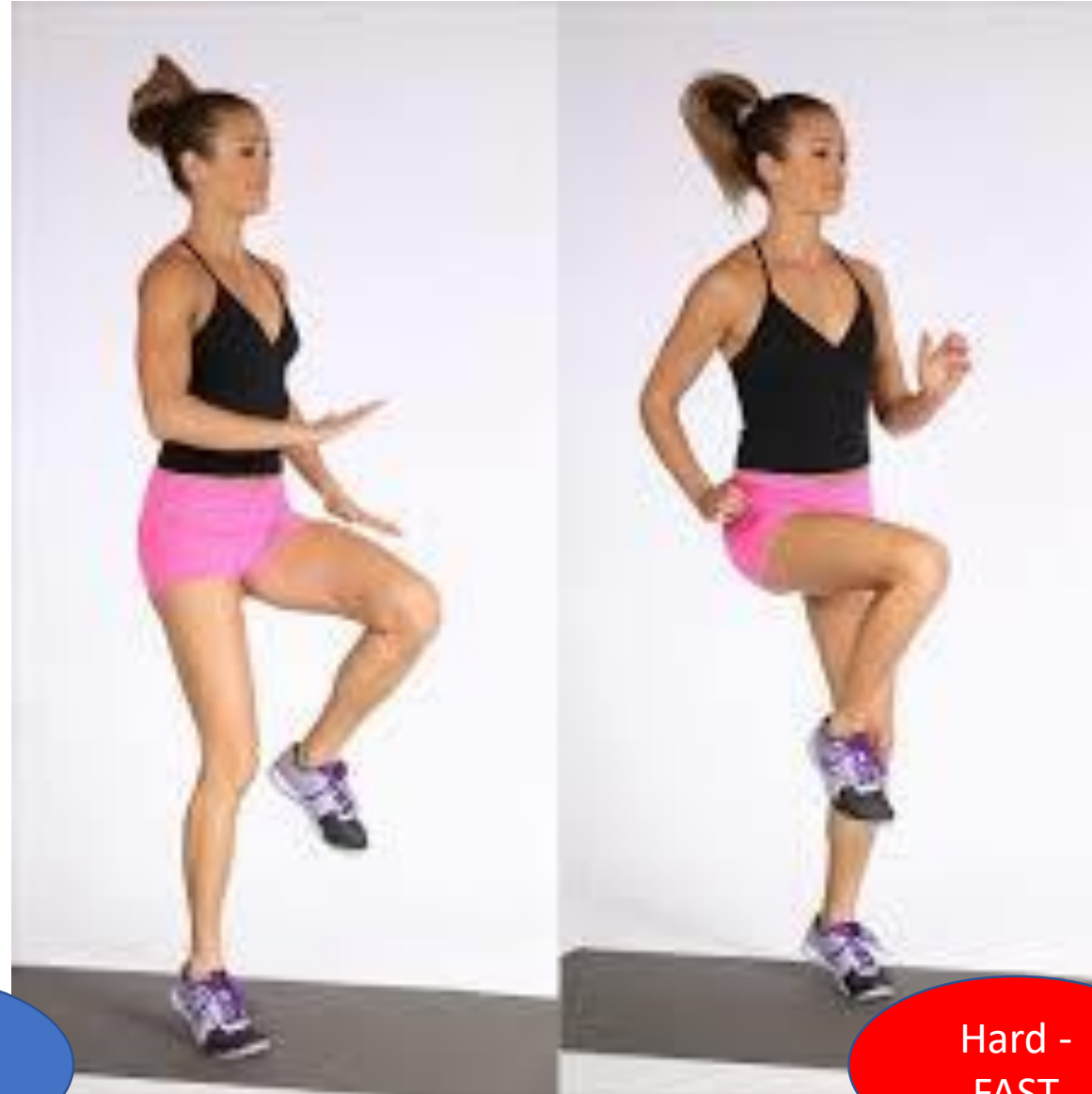


Beginner



Hard

# HIGH KNEES



Beginner -  
SLOW

Hard -  
FAST

# TUCK JUMPS



Beginner -  
SLOW



Hard -  
FAST

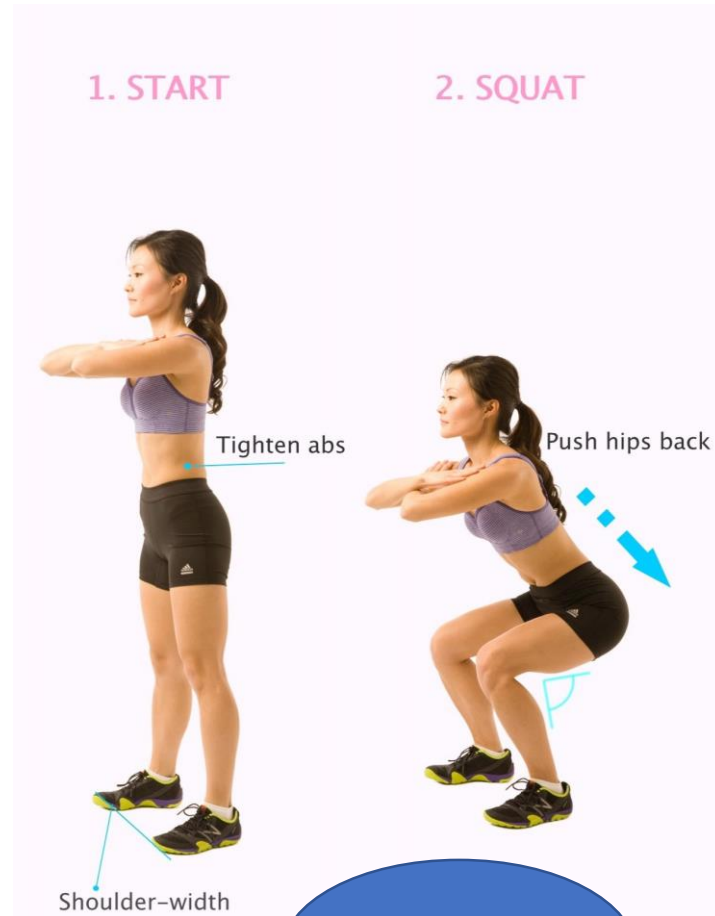
# Star jumps



Beginner

Hard

# SQUATS



Beginner

# SQUAT JUMPS



Hard

# LUNGES



Beginner

# JUMPING LUNGES



Hard

# Burpees



Beginner



Hard  
Chest  
touches floor  
on these