

WGC Snakes & Ladders



WGC SNAKES & LADDERS - THE RULES AND HOW TO PLAY



★ You need a counter for each participant and a dice.

★ START on the snakes head and jog on the spot for 1 minute!

★ Take it in turn to roll the dice, move your counter forward the number of spaces shown on the dice and then do the gymnastics move for the number that your counter lands on. The gym moves for each number are below.

★ If you land on a number with a ladder or snake you will need to do the move before you move up the ladder or down the snake, and then the move when you get to the next number.

★ THE GYM MOVES FOR EACH NUMBER YOU LAND ON: ★

1. Jog on the spot for 1 minute
2. Show a star shape
3. 3 sit ups
4. 4 press ups, climb up the ladder & do move 16
5. 5 Burpies
6. Sit in Pike fold and hold for 6 seconds (Remember straight legs, pointed toes!)
7. Hold baby dish for 7 seconds, then turn to arch and hold for 7 seconds.
8. 8 Straight jumps to motorbike landing
9. 9 right leg kicks forwards (Remember straight legs and pointed toes!)
10. 10 left leg kicks (Remember straight legs and pointed toes!)
11. Hold back support for 11 seconds
12. 6 rockies and then 6 rockies to stand up
13. Hold front support hold for 13 seconds
14. 14 high bunny hops
15. Hold baby dish for 15 seconds
16. Lie on your side kick legs 8 times with each leg
17. Hold japana for 17 seconds, climb up the ladder & do move 23
18. Front support caterpillar walk count 18 steps
19. Swing your arms forwards and backwards for 20 seconds.
20. Show 4 bridges holding for 5 seconds each
21. Right leg Split hold for 21 seconds
22. Left leg Split hold for 22 seconds.
23. Box split hold for 23 seconds
24. Shoulder stand hold for 10 seconds
25. High knees for 1 minute
26. Show a straddle shape
27. Hold japana for 10 seconds, climb up the ladder and then do move 33
28. 6 press ups
29. 10 Burpies
30. Sit in Pike fold and hold for 6 seconds
31. Hold baby dish for 10 seconds, then turn to arch and hold for 10 seconds.
32. 10 Straight jumps to motorbike landing
33. 10 Right leg kicks to the side
34. 10 Left leg kicks to the side
35. Hold back support for 15 seconds
36. 36 high knees
37. 20 squat jumps
38. Hold pike fold for 15 seconds, climb up the ladder and then do move 43
39. 10 x Shoulder stand hold, then roll up to stand with feet together
40. 10 straight jumps
41. 5 x Shoulder stand hold, then roll up to stand on your right leg
42. Left leg split hold for 20 seconds
43. Box split hold for 20 seconds
44. Right leg splits hold for 20 seconds
45. Hold japana for 15 seconds, slide down the snake and do move 34
46. 4 bridges hold for 5 seconds each
47. 5 x Shoulder stand hold, then roll up to stand on your left leg
48. Hold front support for 10 seconds, then turn to side support and hold for 10 seconds on each side
49. 20 straight jumps to motorbike landing
50. REST you deserve it
WELL DONE!!!

