

KIDS ON THE MOVE

Chutes & Ladders

(From Active Kids Active Minds)

Objective: Build muscular and cardiorespiratory endurance while having fun.

Materials Needed: Gameboard (on back), pawns, dice

Directions: Each student rolls the dice and moves their pawn the appropriate number of spaces on the board. The entire group does the exercise that the student lands on.

This activity is best for no more than 4 students at a time so larger groups will want to break into groups of up to 4, with each group getting their own gameboard, dice, and set of pawns.

KIDS ON THE MOVE

Chutes & Ladders

(From Active Kids Active Minds)

