



Active Snakes and Ladders

Here is an activity to be done during **Week 1** of the 2019 *Health Challenge (Défi Santé 2019)*, which is themed **Ants in your pants!** It consists of playing snakes and ladders and performing active mini challenges throughout the game.



Age group:

Multiage

Required material:

- Dice and pawns (or any object that can be used as a pawn, like buttons)
- Active Snakes and Ladders board (see following pages) ideally printed in 11 "x 17" format. Plan one board for 4 to 6 students.
- Watch, hourglass or clock to time the duration of the challenges.

Skills

Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

Educative intent:

At the end of this activity, students will have worked cooperatively to successfully complete the challenges.

Professional expertise put forward by this activity:

- Planning and organization of activities for children and groups of children.
- Planning predominantly affective activities.

Active Snakes and Ladders

Approach

1. Divide the students

Divide students in groups of 4 to 6 players per board. Remember to pair older students with younger ones so that the older students help them read and perform the mini-games.

Distribute 1 dice per game board and 1 pawn per student.

2. Have fun!

One after the other, players throw the dice and move the same number of squares as the number on the dice.

- If you land on a square containing the bottom of a ladder, you climb to the top of the ladder.
- If you land on a square containing the tail of a snake, you go down to the end of its head.
- If you land on a *Health Challenge* square, you have to complete the challenge before you get another turn.
- To win, you have to reach or go past the “Winner!” square.

TIP: You can plan a privilege for the winners: choose the next activity, be the first to try a new game, become an “assistant educator” for the rest of the day, etc.

3. Tell us about your experience

Don't forget to take a picture of the activity and send it to info@defisante.ca!



ASSOCIATION
QUÉBÉCOISE DE LA
GARDE SCOLAIRE

SOUTENIR
REPRÉSENTER
MOBILISER

402, rue Verchères
Longueuil (Québec) J4K 2Y6
450 670-8390 / 1 800 363-0592
gardescolaire.org

Défi Santé

GARDE SCOLAIRE

300, rue Léo-Pariseau, bureau 1810
Montréal (Québec) H2X 4B3
514 985-2466
DefiSante.ca

Défi Santé

GARDE SCOLAIRE

SERPENTS ET ÉCHELLES ACTIF

Tu as besoin d'un pion par personne et d'un dé pour le groupe. (Tu peux prendre, par exemple, des boutons ou des pièces de monnaie.)

COMMENT JOUER :

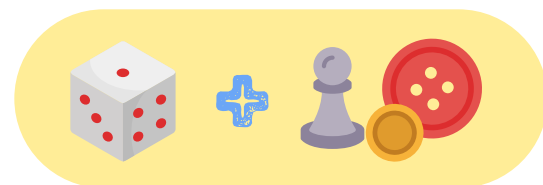
- À tour de rôle, on lance le dé et on avance notre pion d'autant de cases que le chiffre indiqué par le dé.
- Si notre pion tombe sur une case où se trouve le bas d'une échelle, on le fait grimper jusqu'en haut de l'échelle.
- Si notre pion tombe sur une case où se trouve la queue d'un serpent, on le fait descendre jusqu'à l'extrémité de sa tête.
- Si notre pion tombe sur une case *Défi Santé*, il faut faire le défi indiqué pour pouvoir jouer notre prochain tour.
- Pour remporter la partie, il faut atteindre ou dépasser la case Gagnant!

ACTIVE SNAKES AND LADDERS

You need one playing piece per person (for example, you can use buttons or coins) and one dice.

HOW TO PLAY:

- One after the other, players throw the dice and move the same number of squares as the number on the dice.
- If you land on a square containing the bottom of a ladder, you climb to the top of the ladder.
- If you land on a square containing the tail of a snake, you go down to the end of its head.
- If you land on a *Health Challenge* square, you have to complete the challenge before you get another turn.
- To win, you have to reach or go past the "Winner!" square.



1
DÉPART
START

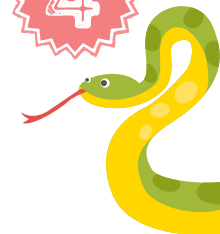
2

Traverse la pièce aller-retour en marchant à reculons.

3

Walk backwards to the end of the room and back.

4



5



Fais comme si tu patinais pendant 30 secondes.

6

Pretend you are skating during 30 seconds.

7

Fais 3 fois le tour de la pièce en joggant.

9

Jog 3 times around the room.

8

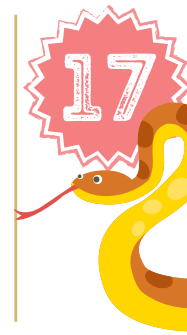
14

Deviens « dur comme un spaghetti pas cuit », puis « mou comme un spaghetti cuit ». Refais-le 3 fois.

15

Make your whole body "as hard as raw spaghetti" then make it "as soft as cooked spaghetti". Do this 3 times.

16



Danse jusqu'à ton prochain tour.

18

Dance until your next turn.

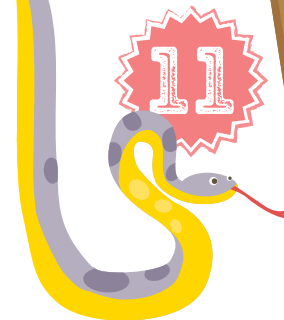
13

Fais 10 sauts sur une seule jambe.

12

Hop 10 times on one leg.

11



10



25



Couché sur le dos et les jambes en l'air, pédale pendant 30 secondes.

24

Pedal during 30 seconds while lying on your back with your legs in the air.

23

27



Fais 5 pompes.

28

Do 5 push-ups.

29

GAGNANT!
WINNER!



19

