

Chutes and Ladders Fitness Edition

This week we're putting a fitness twist to the classic game Chutes and Ladders! This activity will combine muscular and cardiovascular endurance

Activity Link:

https://www.mrwillpe.com/uploads/7/5/8/2/75820545/chute_and_ladders_pdf_1.pdf

For some extra fun, create your own Fitness Chutes and Ladders Game with the template below:

