

SECONDS 10 HICH KNEES

SECONDS 20 HICH KNEES **SECONDS** 30

SECONDS ONE FEG LOB 30 **BALANCE ON**



SECONDS 10

SECONDS 50 TIS JJAW



SQUATS

SQUATS

CIRCLES 10 SECONDS

CIRCLES 20 SECONDS

ARM

SIT UPS





BURPEES

HICH KNEES





TIS JJAW



healthy futures.

Rules

- 1. Roll the dice, move your player & complete the activity
- 2. Every time you pass go you get a point
- 3. First person to 3 points is the winner

Extra Challenge: Can you create your own Active Monopoly using different activities?







Want to make it harder?

- 1. Double the activities in the box
- 2. Increase the points to win the game

Want to make it easier?

- 1. Halve the activities in the box
- 2. Decrease the points to win the game?



PRESS UPS X 10

PRESS UPS X 5

PRESS UPS X 3





STAR JUMPS X 10

STAR JUMPS X 5

