

REST AND WASH YOUR HANDS

HIGH KNEES 10 SECONDS

HIGH KNEES 20 SECONDS

HIGH KNEES 30 SECONDS

BALANCE ON ONE LEG FOR 30 SECONDS

MOVE BACKWARD 4 SPACES

WALL SIT 10 SECONDS

WALL SIT 20 SECONDS

REST AND WASH YOUR HANDS

# healthy futures.

SKIP X 10

SKIP X 20

TOUCH EVERY DOOR

TUCK JUMPS X 15

TUCK JUMPS X 10

SQUATS X 5

SQUATS X 10

HOLD YOUR ARMS OUT FOR 30 SECONDS

ARM CIRCLES 10 SECONDS

ARM CIRCLES 20 SECONDS

### 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?

REST AND WASH YOUR HANDS

FRONT PLANK 20 SECS

FRONT PLANK 16 SECS

FRONT PLANK 8 SECS

MOVE FORWARD 3 SPACES

3 STAR JUMPS IN YOUR ROOM

STAR JUMPS X 10

STAR JUMPS X 5

GO