

REST AND WASH YOUR HANDS	WALL SIT 20 SECONDS	WALL SIT 10 SECONDS	MOVE BACKWARD 4 SPACES	BALANCE ON ONE LEG FOR 30 SECONDS	HIGH KNEES 30 SECONDS	HIGH KNEES 20 SECONDS	HIGH KNEES 10 SECONDS	REST AND WASH YOUR HANDS	
SIT UPS X 10	 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 Want to make it harder? 1. Double the activities in the box 2. Increase the points to win the game Extra Challenge: Can you create your own Active Monopoly using different activities?  Want to make it easier? 1. Halve the activities in the box 2. Decrease the points to win the game?								SQUATS X 5
SIT UPS X 5									SQUATS X 10
TOUCH EVERY DOOR									HOLD YOUR ARMS OUT FOR 30 SECONDS
BURPEES X 10									ARM CIRCLES 10 SECONDS
BURPEES X 5									ARM CIRCLES 20 SECONDS
REST AND WASH YOUR HANDS	STAR JUMPS X 5	STAR JUMPS X 10	3 STAR JUMPS IN YOUR ROOM	MOVE FORWARD 3 SPACES	PRESS UPS X 3	PRESS UPS X 5	PRESS UPS X 10	GO	