

SECONDS 01 **HICH KNEES**

SECONDS 07. HIGH KNEEZ HIGH KNEEZ

SECONDS ONE LEG FOR 30 **BALANCE ON**

SECONDS

30

4 SPACES **UNAWACH** MOVE

SECONDS 01 IIS JJAW

SECONDS 07. IIS JJAW



SQUATS

SQUATS

SKIP

SKIP X 20



TUCK JUMPS X 15

TUCK JUMPS X 10

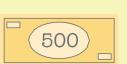


Rules

- 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

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?



FRONT PLANK **20 SECS**

FRONT PLANK **16 SECS**

FRONT PLANK 8 SECS





STAR JUMPS X 10

STAR JUMPS X 5



CIRCLES 10

CIRCLES 20 SECONDS

ARM

ARM