



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
SIT UPS X 10	 <div data-bbox="407 767 1084 994"> <p>Rules</p> <ol style="list-style-type: none"> Roll the dice, move your player & complete the activity Every time you pass go you get a point First person to 3 points is the winner </div> <div data-bbox="1122 802 1697 863"> <p>Extra Challenge: Can you create your own Active Monopoly using different activities?</p> </div> <div data-bbox="1122 890 1800 978">  </div> <div data-bbox="407 1018 1084 1189"> <p>Want to make it harder?</p> <ol style="list-style-type: none"> Double the activities in the box Increase the points to win the game </div> <div data-bbox="1122 1018 1800 1189"> <p>Want to make it easier?</p> <ol style="list-style-type: none"> Halve the activities in the box Decrease the points to win the game? </div>							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								PRESS UPS X 10