

| | | | | | | | | | | | |
|--|---|---|---|-------------------------------------|---|--|-----------------------------|---|------------------------------|---|--|
|  <p>Pick any exercise for you or another player to complete.</p> | <p>30 seconds closed leg balance</p> | <p>What year did England win the world cup?</p> | <p>Balance on one leg for 1 minute</p> | <p>Balance on one hand and foot</p> | <p>Uhoh go back to go!</p>  | <p>Try a cart wheel or walk over</p> | <p>Pencil roll x3 times</p> | <p>Name 2 NBA teams.</p>  | <p>Forward roll x3 times</p> | <p>Roll again !!</p> | |
| <p>Pass a object around your waist 20 times.</p> | | | | | | | | | | | <p>Hold a 1 minute plank</p> |
| <p>Create a 2 minute dance routine</p> | | | | | | | | | | | <p>You owe 10 leg raises.</p> |
| <p>Take a 2 minute rest.</p>  | | | | | | | | | | | <p>Name the 5 colours of the Olympic rings.</p> |
| <p>Skip for 1 minute</p> | | | | | | | | | | | <p>You owe 20 sit ups</p> |
| <p>Move forward 3 Spaces</p>  | | | | | | | | | | | <p>Move forward 3 Spaces</p>  |
| <p>Triple Jump & Long Jump</p> | | | | | | | | | | | <p>Take a 2 minute rest.</p>  |
| <p>Make a target and make 5</p> | | | | | | | | | | | <p>Sprint as fast as you can for 100m.</p> |
| <p>Take a water break</p>  | | | | | | | | | | | <p>Take a water break</p> |
| <p>Throw and catch 10 times</p> | | | | | | | | | | | <p>Sprint on the spot for 30 secs</p> |
|  <p>GO</p> | <p>Score 10 goals that are volleys.</p> | <p>Complete 20 Football Kick ups</p> | <p>Name 3 tennis players.</p>  | <p>Try a Football Trickshot</p> | <p>Name 5 Premier League Football Teams</p>  | <p>Go back 3 spaces.</p>  | <p>20 Star Jumps</p> | <p>How many medals does Mo Farah have?</p> | <p>20 push ups</p> | <p>THINK SPORT EST. 2015 ENJOY IMPROVE EXCEL</p> <p>Advance to Go!</p> | |



Think Sport Monopoly Rules

- Move yourself by rolling a dice or using a dice online.
- Complete the challenges before rolling again.
- Go to the start if you are unable to complete the challenge and start again.
- The first player to complete 2 whole colour challenges wins.

Enjoy, Improve, Excel!