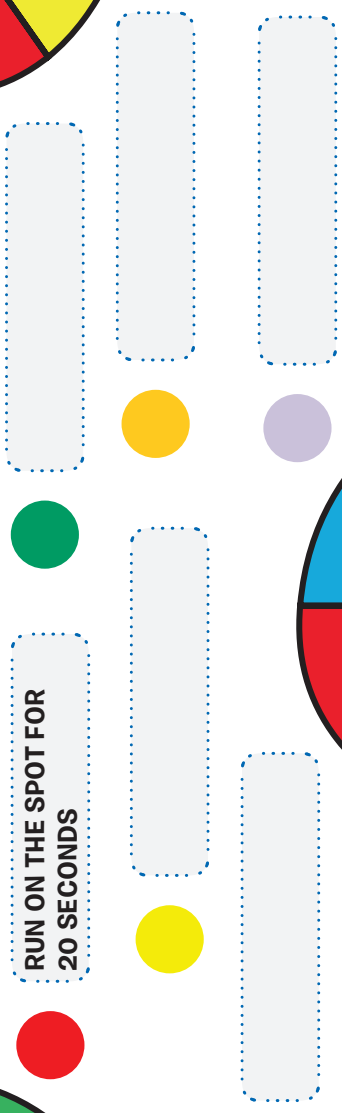


**How to Play**  
1. Take turns rolling a dice, whatever square you land on you have to complete the exercise.  
2. The winner is the first person to reach the end.

● 5 STAR JUMPS

● RUN ON THE SPOT FOR 20 SECONDS



What exercise do you like to do together. Bike riding, rugby, backyard cricket, taking the dog for a walk?

In each of the boxes fill in one exercise you could do if you land on that colour. The first two are done for you.

