



Family Fitness Game

Here is a fun game to try at home. Roll a dice and work your way along the board. Whatever square you land on, have a go at that activity for at least 1 minute.....

1)Sit ups	2)Play stuck in the mud	3)Star jumps	4)Plank	5)Dance	6)Jog on the spot	7)Skip
8)High knees	9)Ride your scooter	10)Run up and down the stairs	11)Ride your bike	12)Play football	13)Practice throwing and catching	14)Hula hooping
15)Sit ups	16)Play stuck in the mud	17)Star jumps	18)Plank	19)Dance	20)Jog on the spot	21)Skip
22)High knees	23)Ride your scooter	24)Run up and down the stairs	25)Ride your bike	26)Play football	27)Practice throwing and catching	28)Hula hooping
29)Sit ups	30)Play stuck in the mud	31)Star jumps	32)Plank	33)Dance	34)Jog on the spot	35)Skip
36)High knees	37)Ride your scooter	38)Run up and down the stairs	39)Ride your bike	40)Play football	41)Practice throwing and catching	42)Hula hooping