




















<p>Collect 10 points after each round</p> <p>Start/Go </p>	<p>Pass a ball/object around your body 15 times. (4 Points)</p>	<p>Pose and make the shape of 5 of your favourite animals. (2 Points)</p>	<p>Name 5 sports that use a net? (5 Points)</p> <p></p>	<p>Complete 20 jumping jacks. (3 Points)</p> <p></p>	<p>Link a roll, balance and jump into a routine. (1 Points)</p> <p></p>	<p>You're walking backwards... go back 2 squares...</p> <p></p>	<p>Drinks Break! Miss a go...</p> <p></p>
<p>Think of 5 different types of jump and show them (3 Points)</p>	<div style="text-align: center;"> <h1>Physical - opoly</h1>  <p>How to play:</p> <ul style="list-style-type: none"> • Each player picks an object as their counter. • Take it in turns to roll the dice and move the correct number of squares. • Try to complete the tasks that the counter lands on to score points. • Race around the board collecting points. • Collect 10 points each time you pass the start line. • First to 60 points wins! </div>						<p>Balance like a flamingo on 1 leg for 30 seconds. (2 Points)</p> <p></p>
<p>Create a dance routine for everyone to copy. (1 Points)</p> <p></p>							<p>Create 5 stretches, hold for 10secs, for each person to try. (2 Points)</p>
<p>Roll a ball in a figure of 8 around your legs. (4 Points)</p>							<p>Throw and catch a ball/small object 10 times without dropping it. (4 Points)</p>
<p>Balance on 3 different parts of your body for 30 seconds. (2 Points)</p>							<p>Jump around like a frog for 1 minute. (3 Points)</p> <p></p>
<p>Name 2 sports which use a bat? (5 Points)</p> <p></p>							<p>Name 5 sports played with a Ball? (5 Points)</p> <p></p>
<p>Skip forward 2 squares</p> <p></p>	<p>Juggle with 3 balls. (4 Points)</p> <p></p>	<p>Name 3 sports that take place in water? (5 Points)</p> <p></p>	<p>Hopscotch across the living room. (3 Points)</p> <p></p>	<p>Teach the person on your left a trick with a ball. (1 Points)</p> <p></p>	<p>Name 5 healthy foods? (5 Points)</p> <p></p>	<p>Balance an object on your head and move walk around the house. (2 Points)</p>	<p>Red Card - miss a go...</p> <p></p>

