



Finish





Do eight sit ups.




Your laces are untied! Go back to Start.



Crab walk AND sing Alphabet Song.

You're full of energy! Take another turn.




Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space!

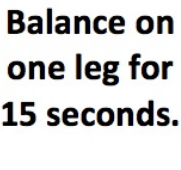



Jump from side to side as you count to 30.

Do seven push ups.




Count to 30 while you run in place.



Oh no! You stopped to watch TV. Go back.

Balance on one leg for 15 seconds.




Oh no! You're out of breath! Lose a turn.

Keep It Moving!


*Created by Andrea Thorpe
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Head, shoulders, knees, toes: nine times.

Super Skip Move Ahead




You had a great warm up! Move ahead 3.



Warm up by doing 10 jumping jacks.

Rules for play

- 1) Roll the die.
- 2) Move the number of spaces on the die.
- 3) When you land on a space with written directions, follow them.
- 4) Play until someone reaches the Finish box. Continue play to see who will finish second, third, etc.



Start