

REST AND WASH YOUR HANDS

HIGH KNEES
10 SECONDS

HIGH KNEES
20 SECONDS

HIGH KNEES
30 SECONDS

BALANCE ON ONE LEG FOR 30 SECONDS

MOVE BACKWARD 4 SPACES

WALL SIT
10 SECONDS

WALL SIT
20 SECONDS

REST AND WASH YOUR HANDS

SIT UPS
X 10

SIT UPS
X 5

TOUCH EVERY DOOR

BURPEES
X 10

BURPEES
X 5

SQUATS
X 5

SQUATS
X 10

HOLD YOUR ARMS OUT FOR 30 SECONDS

ARM CIRCLES 10 SECONDS

ARM CIRCLES 20 SECONDS

healthy futures.

Rules

1. Roll the dice, move your player & complete the activity
2. Every time you pass go you get a point
3. First person to 3 points is the winner

Want to make it harder?

1. Double the activities in the box
2. Increase the points to win the game

Extra Challenge: Can you create your own Active Monopoly using different activities?



Want to make it easier?

1. Halve the activities in the box
2. Decrease the points to win the game?

REST AND WASH YOUR HANDS

PRESS UPS
X 10

PRESS UPS
X 5

PRESS UPS
X 3

MOVE FORWARD 3 SPACES

3 STAR JUMPS IN YOUR ROOM

STAR JUMPS X 10

STAR JUMPS X 5

GO