


PE

Have a look at the Fitness Monopoly.

Roll a dice and try the exercise you land on.

Why not try this with someone at home.

Remember to warm up and cool down.

START HERE! ➔	20 Jumping Jacks	10 Frog Hops	10 Pushups
FINISH (OR GO AN EXTRA ROUND!)	FITNESS Monopoly  GIRLPHAT.COM		2 Minute Jog in Place
15 Side Way Lunges			15 High Knees
12 Squats			20 Arm Circles
2 Minute Jump Rope	Balance on Right Foot for 15 Counts	Try Touch the Clouds for 10 Counts	16 Jumping Jacks