| Finish | Long Jump! Stand up, take the longest forward jump you can, and then move ahead one extra space! |  |  |  |
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|  |  | $\rightarrow 1$ |  | Rules <br> 1. Roll the dice and |
| Do eight sit ups. | Jump from side to side as you count to 30. | Oh no! You're out of breath! Lose a turn. | Head, shoulders, knees, toes: nine times. | count the number rolled along the board. |
|  | Do seven push ups. |  | Super Skip <br> Move <br> Ahead | 2. If you land on the written instructions, follow |
| Your laces are untied! Go back to Start. |  |  | $\rightarrow)^{0}$ | them. <br> 3. Play until |
| Crab walk AND sing Alphabet Song. | Count to 30 while you run in place. |  | You had a great warm up! Move ahead 3. | someone reaches the Finish box. |
|  |  |  | $\overbrace{1}^{0}$ |  |
|  | Oh no! You stopped to watch TV. Go back. |  | Warm up by doing 10 jumping jacks. |  |
| You're full of energy! Take another turn. | Balance on one leg for 15 seconds. |  |  | Start |

