**RACE TO 100!** 



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| **Each player has their own 100’s sheet, dice and counter****Players go at the same time****Roll the dice, do the exercise, move the counter the correct number****1 = 7 star jumps****2 = 3 burpees****3 = 10 jump side to side****4 = 4 squat jumps****5 = 8 mountain climbers****6 = 10 seconds v-sit****Can you get to 100 before your partner does?** |

 

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| **1** | 7 Star jumps | Star jumps.png |
| **2** | 3 Burpees | Burpee.png |
| **3** | 10 Jump side to side | Jump side to side.jpg |
| **4** | 4 Squat Jumps | download.jpg |
| **5** | 8 Mountain climbers | Mountain climbers.jpg |
| **6** | 10 second V-sit balance | V-sit 2.jpg |

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