

Keep It Moving!

Rules for Play

Roll the die

Move the number of spaces on the die.

When you land on a space follow the written directions.

Play until someone reaches the Finish Box. Continue play to see who will finish second, third, etc.



Full of Energy!
Take another turn!

Do fifteen
Mountain
Climbers

Balance on
one leg for
15 seconds

Count to 30
while you
run in place.

Do ten
Windmills
(toe touchers)

DO SEVEN
PUSH UPS

SUPER SKIP!
Move
Ahead!

Jump from side
to side as you
count to 30!

Head,
shoulders,
knees, toes
10 times

YOUR
SHOELACES ARE
UNTIED GO
BACK TO START!

Pick an exercise
from the board
for your opponent
to perform.

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

FINISH

Roll the die! If you
roll a ONE go back
10 spaces!

CRAB WALK
while you sing
the alphabet
song.

Scissor Step
for a count
of 20.

Bear Crawl
for 15
seconds!

DO FIFTEEN
JUMPING
JACKS

Do twenty
arm twirls.

DO EIGHT
CURL UPS
(Sit ups)

START

Pick an
opponent to
lose a turn!

Do Five
Lunges!

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