

Roll the die and move across the board! Perform the activity in the square before going to the next player. The first player to reach the end wins!

START

Hop on one foot – 10x

Hollow hold
12 sec.

Go back
Two Spaces

Log Roll

Bear Crawl

Push Ups
5x

Spin Around
3x

Go back
Three Spaces



Find THREE
Yellow
Obiects

Balance on
one foot until
your next
turn

Candlestick
Hold – 5 sec.

Move forward
One space!

Arabesque
Hold

Tree Pose
(With Eyes
Closed)

Forward
Roll

Donkey Kick
10x

Cartwheel

SPRINT
In a Circle

Go back
Two spaces

Jump and
High Five a
Friend

Downward
Dog!

Balance an
object on
your head

Crab Walk
In a Circle

Bridge/Table
Top Pose

Rock – N –
Roll
3x

More
Forward one
space

Show your
best dance
moves!

Handstand
Against Wall

Skip around
the Room

Show your
Favorite
skill!

FINISH!

