

# Fitness and Connections Game

Can you make it all the way back to start?

Can you complete all fitness activities?

Can connect with various students along the way?

# How to play?

- Students form groups (no less than 2, no more than 3 per group)
- Each group has one dice to roll
- One student per group rolls the dice and follows the board from 'start' to 'finish'.
- Students must complete the challenge
- Students must remember where they are on the board (or you can set up cones/poly spots for students to move)
- First student to reach 'finish' wins



Wiggle your body like jelly



Go forward 1 spot



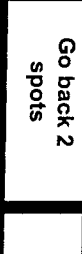
High 5 your teacher



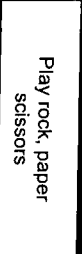
Go back 5 spots



Skip around the room



Go back 2 spots



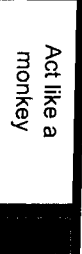
Play rock, paper scissors



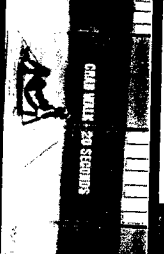
Tell your team about your family



Run around for 10 secs



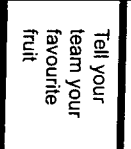
Act like a monkey



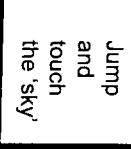
CALL YOUR 20 SECONDS



Go forward 1 spot



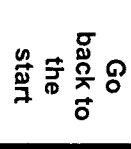
Tell your team your favourite fruit



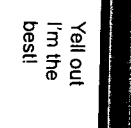
Jump and touch the 'sky'



PUSH UPS - 10 TIMES



Go back to the start



Yell out I'm the best!



CALL YOUR 20 SECONDS

Get to know your team!

Get fit and active!

# Fitness and Connections Board Game

Start/Finish

Give high fives to your team

Free dance - 10 secs

Tell your team your favourite colour

Act like a crazy chicken - 10 secs

Go back 2 spots

Flex your muscles

Go forward 3 spots

Tell your team your favourite sport

Create your own yoga pose