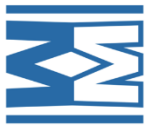


# Move More Board Game



“Have you got what it takes to take on our active challenge game?”

## How does it work?

Step 1- Choose your coach and cut them out

Step 2- Make your dice

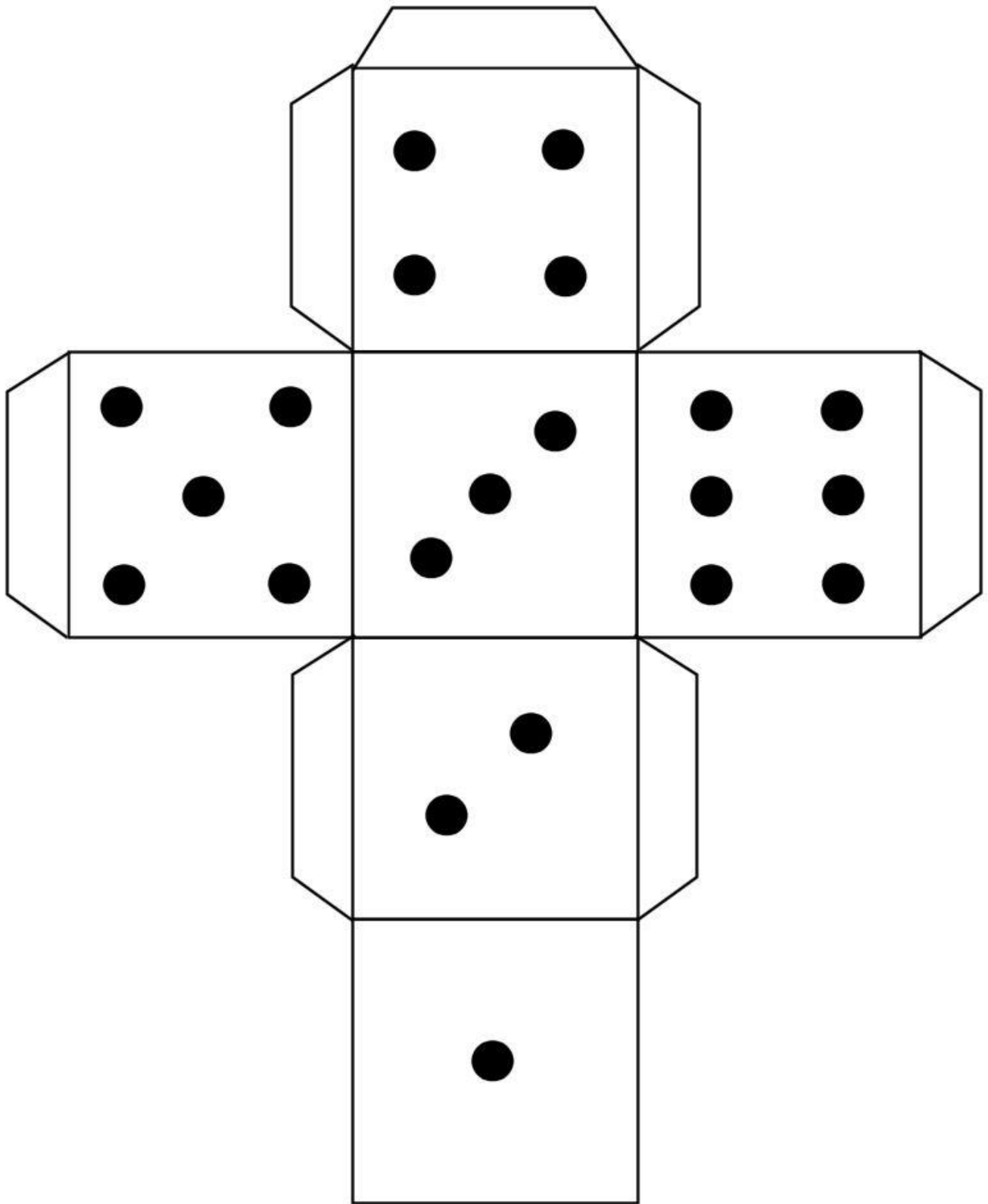
Step 3- “IT’S GAME TIME” – Either play by yourself or with family. The aim is to race to the finish by completing the challenges.

GOOD LUCK

Step 1- Pick a coach of your choice to help you on your way to completing the challenges. Who’s it going to be?



Step 2 – Build your dice





**START!**

	Stand and touch your toes 10 times	<b>Go Back 2 Spaces</b>		Hold a 1 point balance for 15 seconds		Name 2 Gymnastics Shapes
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Name 5 Sports beginning with B
Jump on the spot for 30 seconds
Move forward 2 Spaces

**Rules:**

- Roll the dice and move that number of spaces.
- Completed the challenge if you land on one.
- If you don't complete it, try again on your next go!
- **PLAY FAIR AND HAVE FUN!**

Move forward 2 Spaces
<b>Miss a Go</b>

	<b>Roll Again</b>	Name 3 racket sports		Skip 3 laps of the room
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Move like an animal
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High Knees for 20 seconds
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Sit on your bottom with your legs and arms in the air
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<b>Miss a Go</b>
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Do 20 star jumps
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Hold any balance for 10 seconds
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Act like your favourite sports star	Name 10 Sports that use a Ball	Do 10 frog jumps
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<b>Roll Again</b>
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<b>Roll Again</b>
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**FINISH!**  
You've done it! Well done!

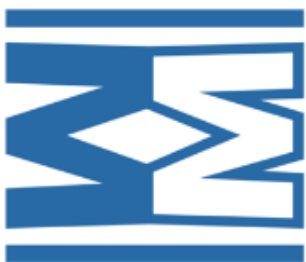
Pick 3 challenges on the board and complete in 1 minute

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<b>Go Back 2 Spaces</b>
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Run on the spot for 10 seconds
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Touch the floor and jump to the sky 5 times
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Name 3 types of dance
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Name 3 Olympic athletes
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Stand on your tiptoes for 10 seconds
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Name 5 Football teams
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<b>Go Back 2 Spaces</b>
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<b>Miss a Go</b>
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Do 5 push ups
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Name 3 Sports beginning with S
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Move Forward 2 Spaces
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Hop around the room once
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