



Family Activity Board Game

33	34	35	36	37	38	39	40
32	31	30	29	28	27	26	25
17	18	19	20	21	22	23	24
16	15	14	13	12	11	10	9
1	2	3	4	5	6	7	8



Family Activity Board Game

Objective of the game/How to play

Objective:

To score as many points as possible once you reach the end of the board (no. 40).

How to play:

Role 1 or 2 dice and move your playing piece the number of squares shown on the dice. Do the challenge for the colour of square that your playing piece has landed on, scoring a point for each one of challenge done (e.g. if you do 15 star jumps in 60 seconds, you score 15 points). Write the score down to keep track of your overall score. The next person then roles the dice and does the same for their go, until everyone has reached the end of the board.

In this game, it's better to role low numbers for the dice as you get more attempts to score points.

The challenges

The challenges for each colour of square are as follows:



Do as many star jumps as possible in 60 seconds



Jump in the air as many times as possible
in 60 seconds



Hop on one foot as many times as possible
in 60 seconds

You will also need:

A playing piece for each player
(e.g a counter, a coin or other small item to put on the board)

Paper and pen to record the scores of each player during the
game

Dice (1 or 2)

Remember to warm up and cool down when doing each attempt of this challenge. Before doing the challenge, ensure that you find a suitable, open space where you will not break or cause damage to your own or other peoples' property.



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Player scores			
Name:	Name:	Name:	Name:
Total Score:	Total Score:	Total Score:	Total Score: