

Roll Again		10 Star Jumps	10 Arm Swings	10 Seconds Sprint on the Spot	10 Hops (Right Leg Only)	5 Squats	Spin Round 3 Times	Go To Water Break	
10 seconds of heel flicks		<p><b>Active Schools Aberdeenshire Board Game</b></p> <p><b>Rules:</b></p> <ul style="list-style-type: none"> <li>• Grab any items to be your 'piece'</li> <li>• Use dice or cut up 6 pieces of paper and pick out of a cup!</li> <li>• Get extra pieces of paper as the 'houses' - place a house to DOUBLE the amount you need to do</li> <li>• You get 1 point for every exercise you do, and 10 points for passing GO!</li> <li>• The winner is whoever has the most points at the end of 30 minutes or whoever is left standing!</li> </ul>							20 Jumps on the Spot
10 seconds plank									10 Keepy Ups
20 Marches on the Spot									Side Steps
Army Crawl 5m									10 Sec High Knees
Water Break (miss a turn)									
		5 Sit Down, Stand Ups	5 Frog Jumps	3 Forward Rolls	5 Press Ups	5 Sit Ups	Skip Round the Room once	Collect ten points as you pass go	