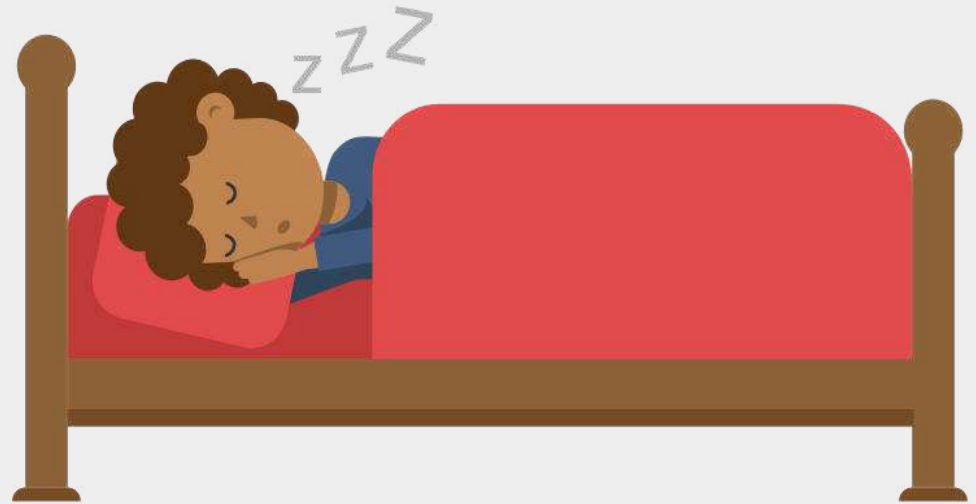
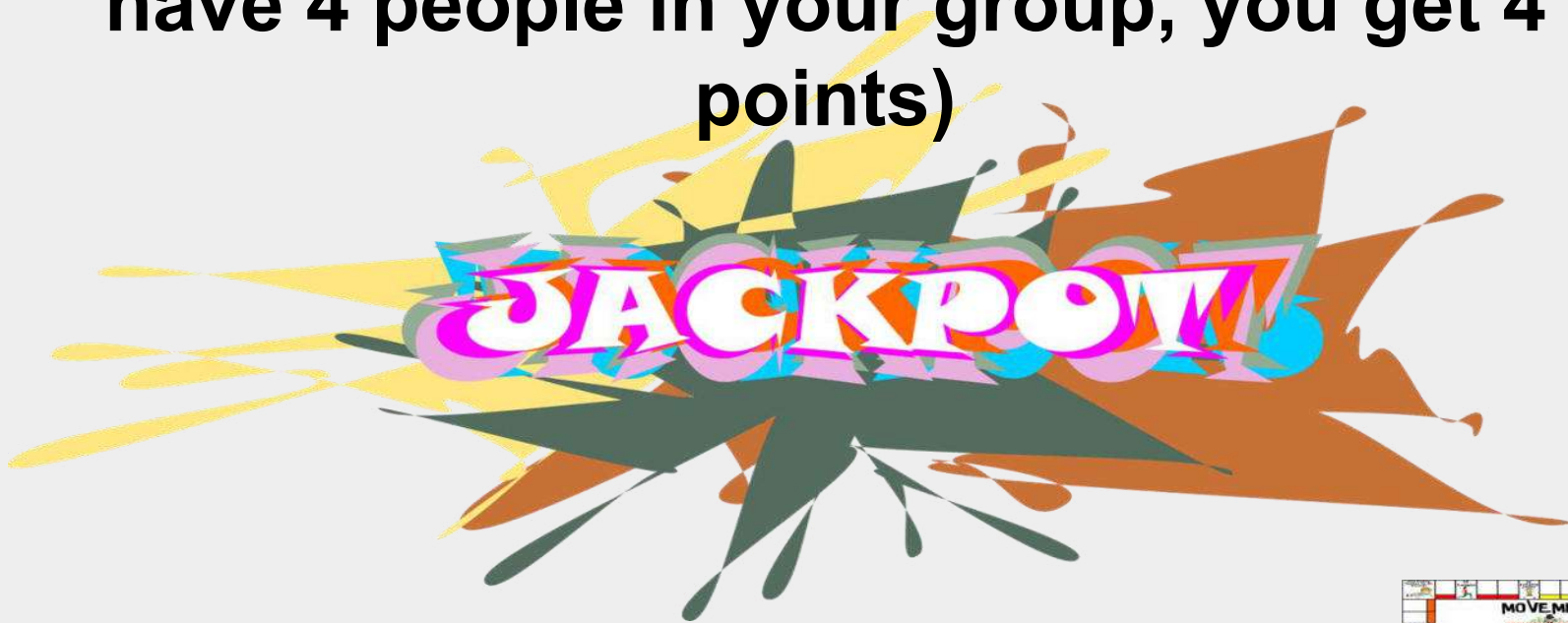




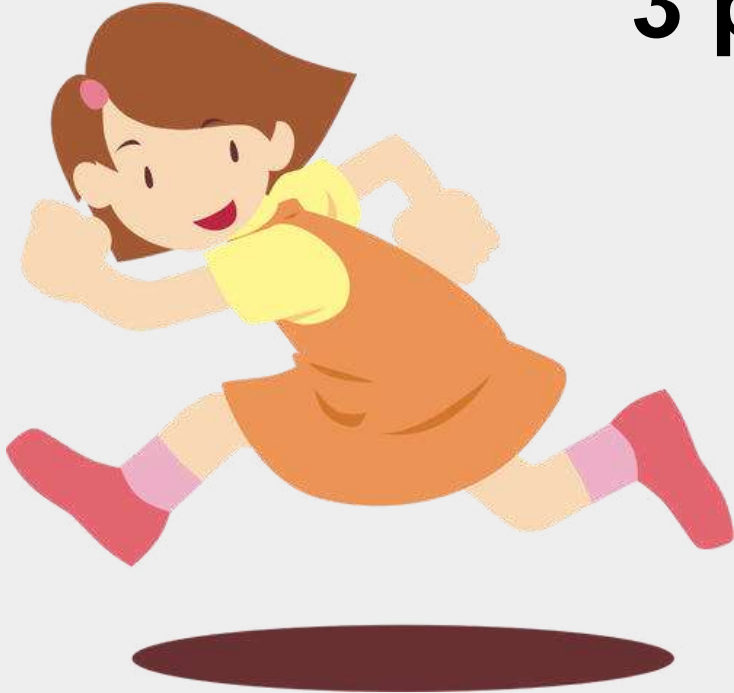
**Oh no! You got caught sleeping on your computer during PE, lose 2 points.**



**JACKPOT!!!!!! Collect 1 point for each member in your group (example, if you have 4 people in your group, you get 4 points)**



# Way to go!! You exercised the required 60-minutes today. Collect 3 points!



**Get out of jail free card!! If you  
land on jail, you can use this card  
to get out without penalty**



# Oops, you chose ice cream over an apple for dessert, return 1 point





**Great choice! You decided to eat  
your vegetables tonight for dinner,  
here's 3 points for you!**

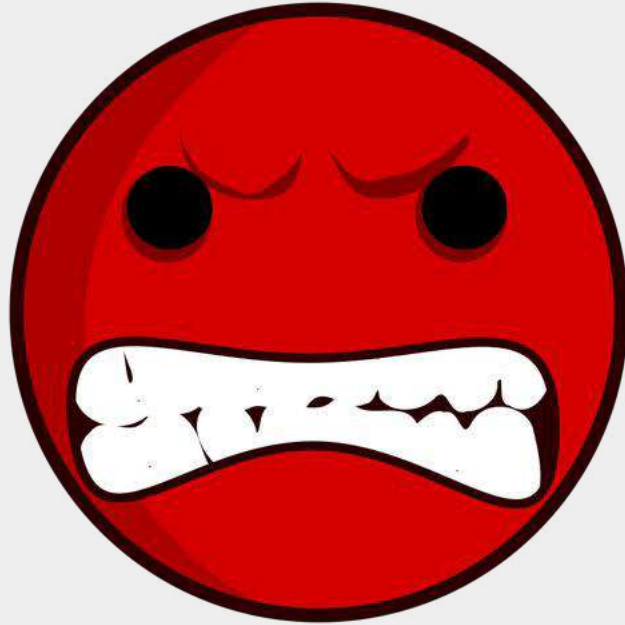


# PE is your favorite special! You're so smart, here's 2 points!





**Uh oh, you got caught being mean  
to a classmate during our game,  
lose 3 points.**



**Way to go! You congratulated your  
opponent, even though you lost,  
here's 3 points. Great  
sportsmanship!.**



**Oops! You forgot your sneakers  
for PE, lose 1 point.**



**Play Coach Sam in Rock, Paper, Scissors. If you win, he will give you 1 point, But if you lose, he will take 1 point**

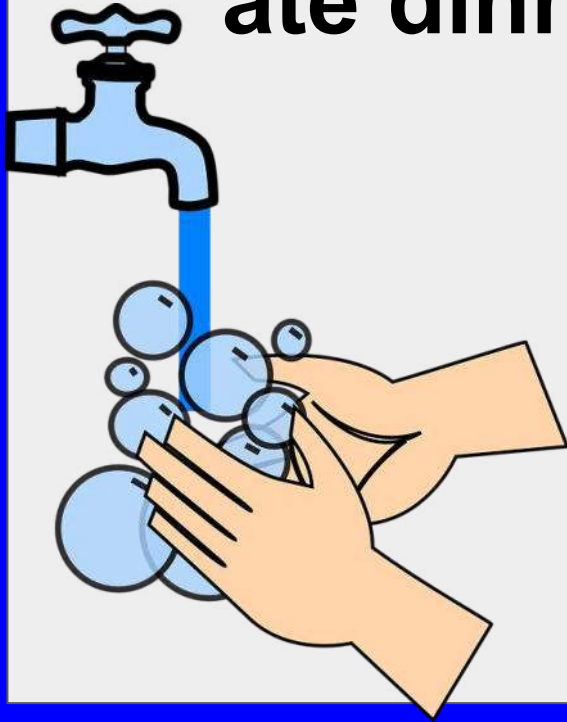


**Safety First! You were too rough  
and injured a classmate. Lose 2  
points.**





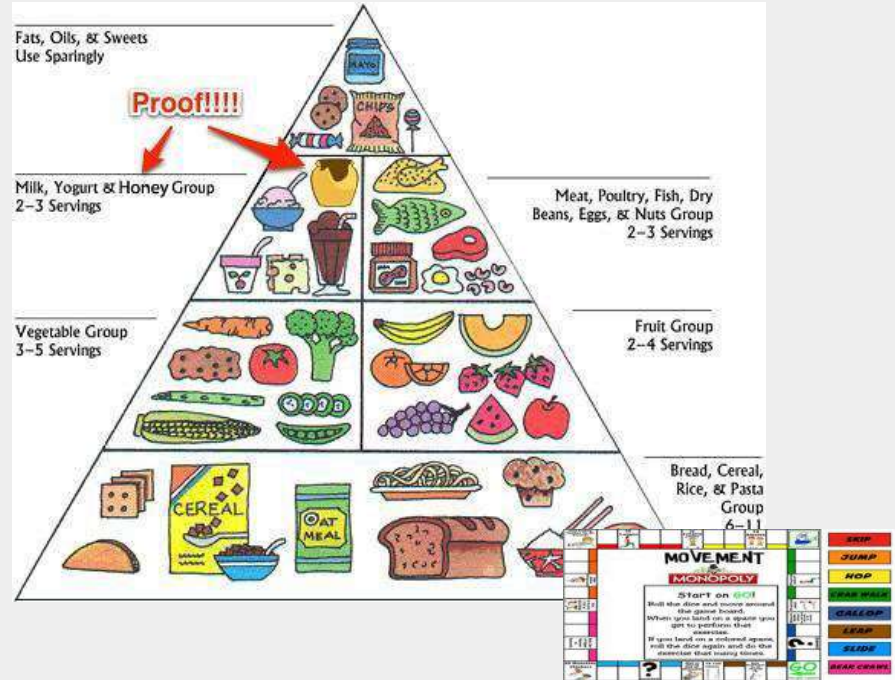
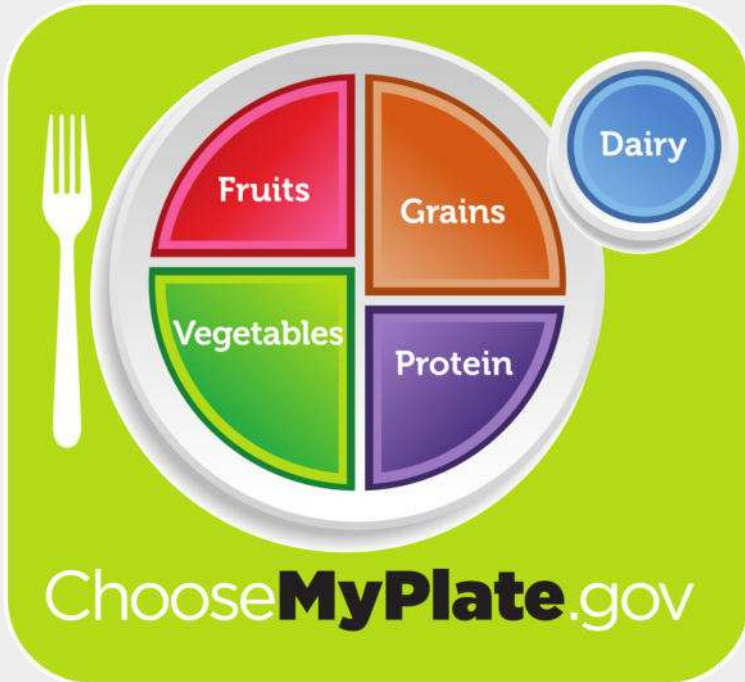
**You washed your hands for 20-seconds in hot water before you ate dinner. Great job! Here's 2 points.**



# Go tell the coach 3 Locomotor Movements and 3 Levels. If you get them all, you get 3 points!



**You ate a colorful plate to satisfy all 5 food groups! Here's 5 points!**



Oh no, you tried a new skill today  
and gave up when it got too hard,  
don't give up! Lose 1 point.

**JUST  
DON'T  
QUIT**



**Safety first! You looked both ways before crossing the street. Great job! Collect 2 points.**

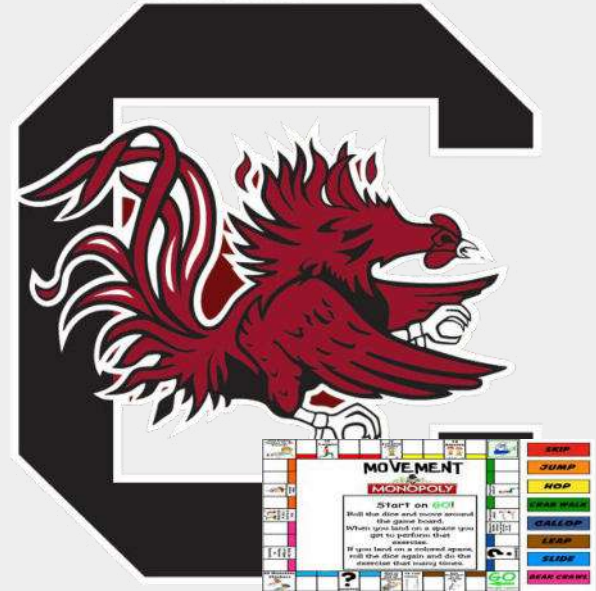




**Before your big game today you forgot to warmup, and you pulled a muscle. Don't forget to warm up and stretch! Lose 1 point.**



**Uhhh excuse me? You're saying  
you like Clemson more than South  
Carolina?! Not in my gym. Lose 2  
points.**



**You let someone let someone go  
in-front of you in a game who has  
not had a turn yet. Great  
sportsmanship! Collect 4 points**

**BE KIND**



**Way to go! You understand that daily exercises makes your heart beat faster, makes you sweaty, and helps you become healthy and strong! Here is 2 points!**



# COACH'S CHALLENGE!!!

If you can balance on one leg with  
your eyes closed longer than  
coach, you get 2 points!





**Challenge someone in your group  
to rock, paper, scissors. Whoever  
wins gets 1 point!**



# JAIL

To get out of jail, you must roll the die, when it stops, whatever number it stops on, add 10 to that number and do that many Jumping Jacks



Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



GO TO  
JAIL



**CHANCE**



# MOVEMENT



Points

1

−

+

Use the video to  
roll your dice!



Start on **GO!**  
Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

20 Mountain  
Climbers



**?**  
CHANCE

Walk on  
your tip  
toes for  
30-seconds



10 calf  
raises



Walk  
Backwards  
for 30  
seconds



**GO**  
You get 1 point!



**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**

30-second  
wall-sit



30-second  
plank



Balance A  
Stuffed  
Animal  
on your head  
and walk  
for 30-  
seconds

**?**  
CHANCE





Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



GO TO  
JAIL



**CHANCE**



# MOVEMENT



Points

**3**

**-** **+**

Use the video to  
roll your dice!



Start on **GO!**

Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

20 Mountain  
Climbers



**?**  
CHANCE

Walk on  
your tip  
toes for  
30-seconds



10 calf  
raises



Walk  
Backwards  
for 30  
seconds



**GO**

You get 1 point!



**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**

30-second  
wall-sit
















30-second  
plank



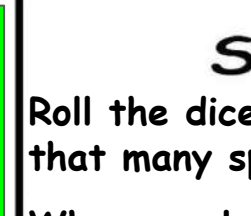
Balance A  
Stuffed  
Animal  
on your head  
and walk  
for 30-  
seconds

**?**  
CHANCE



Hold Pushup Position for 30- Seconds 	10 Lunges 	20 Jumping Jacks 	10 Squats 	GO TO JAIL 
30-second Knees High- Kicks 	30-second wall-sit 	30-second plank 	Balance A Stuffed Animal on your head and walk for 30- seconds 	
20 Mountain Climbers 	Walk on your tip toes for 30-seconds 	10 calf raises 	Walk Backwards for 30 seconds 	

# MOVEMENT



## MONOPOLY

**Start on GO!**

Roll the dice using the video below. Move that many spaces.

When you land on a space, you must do that exercise in the box.

If you land on a **colored** space you can do 15 of that locomotor movement, or, do it for 30-seconds. Collect 1-point.


**First player to 25 points wins!!**

**Points**

**4**

**-** **+**

Use the video to roll your dice!



**CHANCE**

**GO**

You get 1 point!

**SKIP**

**JUMP**

**HOP**

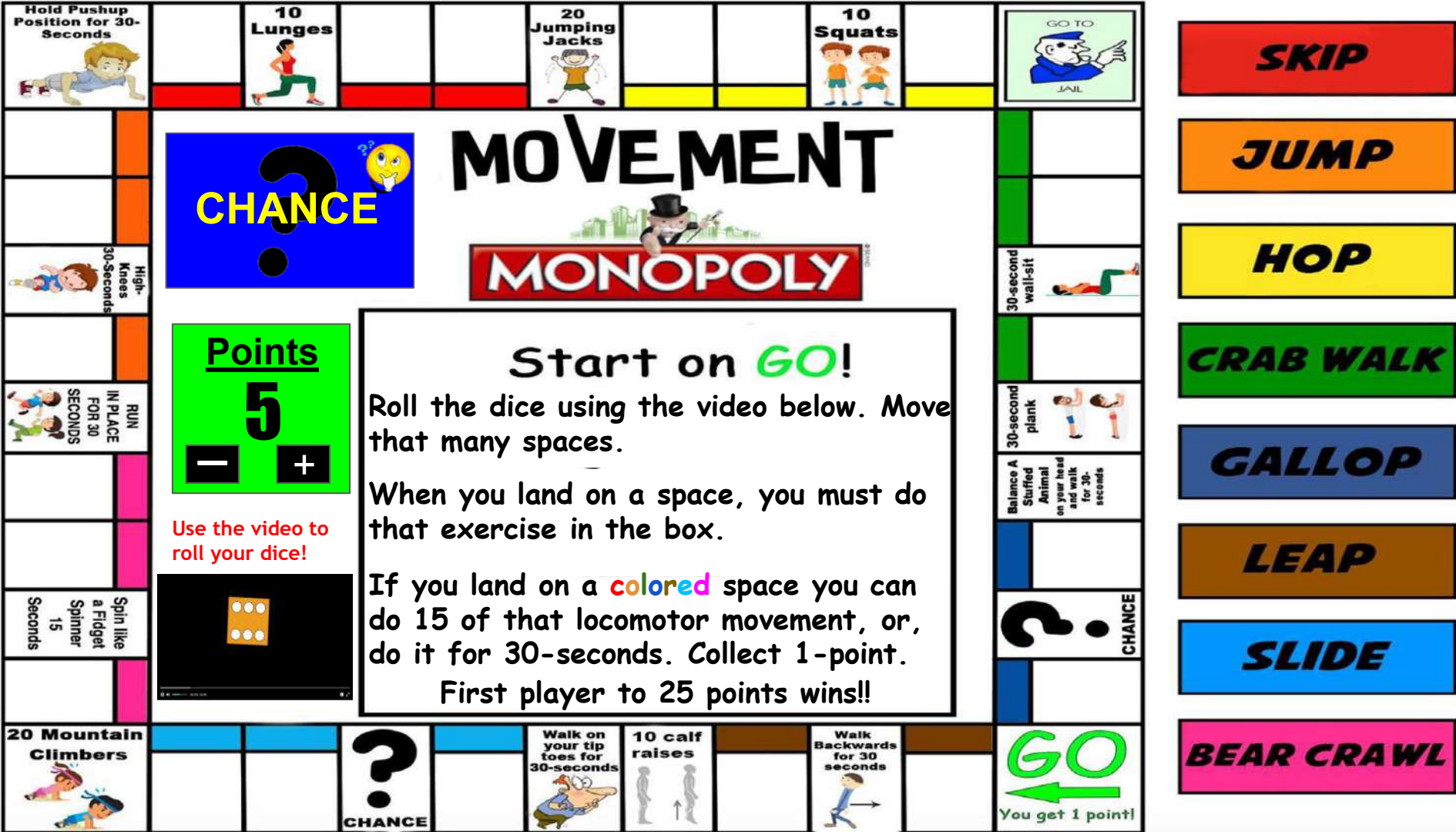
**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**



<div>Hold Pushup Position for 30- Seconds</div> <div></div>	<div>10 Lunges</div> <div></div>		<div>20 Jumping Jacks</div> <div></div>			<div>10 Squats</div> <div></div>	<div>GO TO  JAIL</div>	<div>SKIP</div>
								<div>JUMP</div>
								<div>HOP</div>
<div>30-Seconds High- Knees</div> <div></div>						<div>30-second wall-sit</div> <div></div>		<div>CRAB WALK</div>
								<div>GALLOP</div>
<div>30 SECONDS IN PLACE RUN</div> <div></div>						<div>30-second plank</div> <div></div>		<div>LEAP</div>
						<div>Balance A Stuffed Animal on your head and walk for 30- seconds</div>		<div>SLIDE</div>
						<div>CHANCE</div>		<div>BEAR CRAWL</div>
<div>Spin like a Fidget Spinner 15 Seconds</div>								
<div>20 Mountain Climbers</div> <div></div>								
		<div>CHANCE</div>	<div>Walk on your tip toes for 30-seconds</div> <div></div>	<div>10 calf raises</div> <div></div>		<div>Walk Backwards for 30 seconds</div> <div></div>	<div>GO You get 1 point!</div>	
	<div>CHANCE</div>							
<div>CHANCE</div>								



Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



GO TO  
JAIL



**CHANCE**



# MOVEMENT



Points  
**7**  
- +

Use the video to  
roll your dice!



Start on **GO!**  
Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

20 Mountain  
Climbers



**?**  
CHANCE

Walk on  
your tip  
toes for  
30-seconds



10 calf  
raises



Walk  
Backwards  
for 30  
seconds



**GO**  
You get 1 point!



**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**

30-second  
wall-sit



30-second  
plank



Balance A  
Stuffed  
Animal  
on your head  
and walk  
for 30-  
seconds

**?**  
CHANCE



**Hold Pushup Position for 30-Seconds**

**10 Lunges**

**20 Jumping Jacks**

**10 Squats**

**GO TO JAIL**

**CHANCE**

**30-second wall-sit**

**30-second plank**

**Balance A Stuffed Animal on your head and walk for 30-seconds**

**CHANCE**

**GO**  
You get 1 point!

**20 Mountain Climbers**

**Walk on your tip toes for 30-seconds**

**10 calf raises**

**Walk Backwards for 30 seconds**

**Points**  
**9**  
- +

**Use the video to roll your dice!**

**MOVEMENT MONOPOLY**

**Start on GO!**

Roll the dice using the video below. Move that many spaces.

When you land on a space, you must do that exercise in the box.

If you land on a colored space you can do 15 of that locomotor movement, or, do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**



Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



GO TO  
JAIL



**CHANCE**



# MOVEMENT



**Points**  
**10**  
- +

Use the video to  
roll your dice!



Start on **GO!**  
Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

30-second  
wall-sit



30-second  
plank



Balance A  
Stuffed  
Animal  
on your head  
and walk  
for 30-  
seconds

**CHANCE**



**GO**  
You get 1 point!



**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**

20 Mountain  
Climbers




**CHANCE**



Walk on  
your tip  
toes for  
30-seconds
















10 calf  
raises



Walk  
Backwards  
for 30  
seconds



Hold Pushup Position for 30- Seconds 	10 Lunges 	20 Jumping Jacks 	10 Squats 	GO TO JAIL 
30-second Knees High- Kicks 	30-second wall-sit 	30-second plank 	Balance A Stuffed Animal on your head and walk for 30- seconds 	GO You get 1 point! 
20 Mountain Climbers 	Walk on your tip toes for 30-seconds 	10 calf raises 	Walk Backwards for 30 seconds 	

# MOVEMENT

## MONOPOLY

### CHANCE

Start on **GO!**

Roll the dice using the video below. Move that many spaces.

When you land on a space, you must do that exercise in the box.

If you land on a **colored** space you can do 15 of that locomotor movement, or, do it for 30-seconds. Collect 1-point.


First player to 25 points wins!!

### Points

# 11

-
+

Use the video to roll your dice!



### SKIP

### JUMP

### HOP

### CRAB WALK

### GALLOP

### LEAP






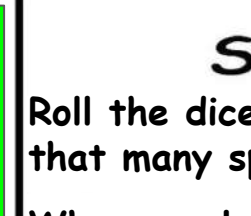










### SLIDE

### BEAR CRAWL







Hold Pushup Position for 30- Seconds 	10 Lunges 		20 Jumping Jacks 		10 Squats 	
	? CHANCE	<h1 style="margin: 0;">MOVEMENT</h1>  <h2 style="margin: 0; background-color: red; color: white; padding: 5px;">MONOPOLY</h2>				
30-Seconds High- Knees 		<h3 style="margin: 0;">Start on GO!</h3> <p style="margin: 0;">Roll the dice using the video below. Move that many spaces.</p> <p style="margin: 0;">When you land on a space, you must do that exercise in the box.</p> <p style="margin: 0;">If you land on a <span style="color: red;">c</span><span style="color: orange;">o</span><span style="color: yellow;">l</span><span style="color: green;">o</span><span style="color: blue;">r</span><span style="color: purple;">e</span>d space you can do 15 of that locomotor movement, or, do it for 30-seconds. Collect 1-point.</p> <p style="margin: 0; font-weight: bold;">First player to 25 points wins!!</p>				30-second wall-sit 
	Points 14 - +					30-second plank 
RUN IN PLACE FOR 30 SECONDS 						Balance A Stuffed Animal on your head and walk for 30- seconds
	Use the video to roll your dice!					? CHANCE
Spin like a Fidget Spinner 15 Seconds 						
20 Mountain Climbers 		? CHANCE	Walk on your tip toes for 30-seconds 	10 calf raises 	Walk Backwards for 30 seconds 	GO You get 1 point! 
						SKIP
						JUMP
						HOP
						CRAB WALK
						GALLOP
						LEAP
						SLIDE
						BEAR CRAWL

Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



**CHANCE**

# MOVEMENT



Points

**15**



Use the video to  
roll your dice!



Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

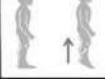
If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

Walk on  
your tip  
toes for  
30-seconds



10 calf  
raises



Walk  
Backwards  
for 30  
seconds



**GO**  
You get 1 point!

**SKIP**

**JUMP**

**HOP**

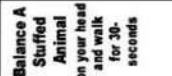
**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**







**Hold Pushup  
Position for 30-  
Seconds**



**10  
Lunges**



**20  
Jumping  
Jacks**



**10  
Squats**



**GO TO  
JAIL**



**CHANCE**



# MOVEMENT



**Points**

**17**

**-**

**+**

Use the video to  
roll your dice!



Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

**20 Mountain  
Climbers**



**CHANCE**



**Walk on  
your tip  
toes for  
30-seconds**



**10 calf  
raises**



**Walk  
Backwards  
for 30  
seconds**



**GO**  
You get 1 point!



**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**

**30-second  
wall-sit**



**30-second  
plank**



**Balance A  
Stuffed  
Animal  
on your head  
and walk  
for 30-  
seconds**

**CHANCE**



Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



GO TO  
JAIL



**CHANCE**



# MOVEMENT



Points

**18**



Use the video to  
roll your dice!



Start on **GO!**  
Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

20 Mountain  
Climbers



**?**  
CHANCE

Walk on  
your tip  
toes for  
30-seconds



10 calf  
raises



Walk  
Backwards  
for 30  
seconds



**GO**  
You get 1 point!



**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**

30-second  
wall-sit



30-second  
plank



Balance A  
Stuffed  
Animal  
on your head  
and walk  
for 30-  
seconds

**?**  
CHANCE



Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



**CHANCE**

# MOVEMENT



Points

**19**



Use the video to  
roll your dice!



Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

**SKIP**

**JUMP**

**HOP**

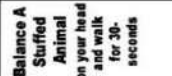
**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**



20 Mountain  
Climbers



Walk on  
your tip  
toes for  
30-seconds

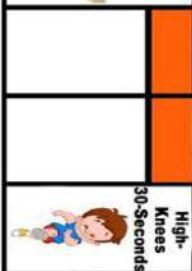


10 calf  
raises



Walk  
Backwards  
for 30  
seconds





# MOVEMENT



Use the video to roll your dice!



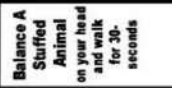
Start on **GO!**

Roll the dice using the video below. Move that many spaces.

When you land on a space, you must do that exercise in the box.

If you land on a **colored** space you can do 15 of that locomotor movement, or, do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!



**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

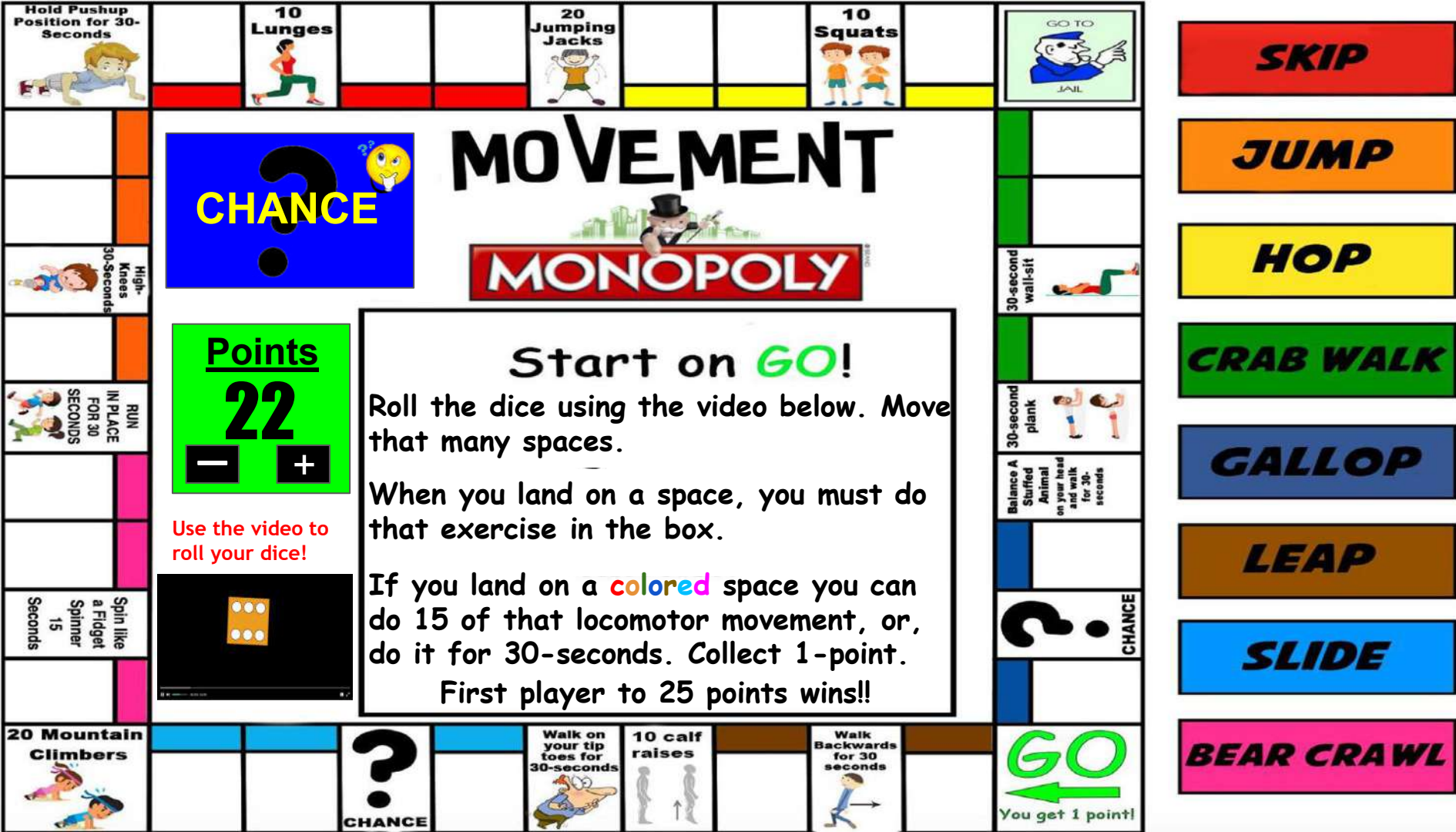
**LEAP**

**SLIDE**

**BEAR CRAWL**







Hold Pushup  
Position for 30-  
Seconds

10  
Lunges

20  
Jumping  
Jacks

10  
Squats

GO TO  
JAIL

GO TO  
JAIL

**SKIP**

30-second  
wall-sit

**CHANCE**

**MOVEMENT**

**MONOPOLY**

30-second  
wall-sit

**JUMP**

30-second  
wall-sit

**Points**  
**22**  
- +

**Start on GO!**

30-second  
wall-sit

**HOP**

30-second  
wall-sit

**Points**  
**22**  
- +

**Start on GO!**

30-second  
wall-sit

**CRAB WALK**

30-second  
wall-sit

**Points**  
**22**  
- +

**Start on GO!**

30-second  
wall-sit

**GALLOP**

30-second  
wall-sit

**Points**  
**22**  
- +

**Start on GO!**

30-second  
wall-sit

**LEAP**

30-second  
wall-sit

**Points**  
**22**  
- +

**Start on GO!**

30-second  
wall-sit

**SLIDE**

**MOVEMENT MONOPOLY**

**Start on GO!**

Roll the dice using the video below. Move that many spaces.

When you land on a space, you must do that exercise in the box.

If you land on a colored space you can do 15 of that locomotor movement, or, do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

**GO**

You get 1 point!

**Hold Pushup Position for 30-Seconds**

**10 Lunges**

**20 Jumping Jacks**

**10 Squats**

**GO TO JAIL**

**CHANCE**

**Points 23**

**Use the video to roll your dice!**

**Start on GO!**

Roll the dice using the video below. Move that many spaces.

When you land on a space, you must do that exercise in the box.

If you land on a colored space you can do 15 of that locomotor movement, or, do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

**GO**

You get 1 point!

**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**

**30-second wall-sit**

**30-second plank**

**Balance A Stuffed Animal on your head and walk for 30-seconds**

**20 Mountain Climbers**

**Walk on your tip toes for 30-seconds**

**10 calf raises**

**Walk Backwards for 30 seconds**

**CHANCE**

**GO**

You get 1 point!

Hold Pushup  
Position for 30-  
Seconds



10  
Lunges



20  
Jumping  
Jacks



10  
Squats



GO TO  
JAIL



**CHANCE**



# MOVEMENT



Points

**24**



Use the video to  
roll your dice!



Start on **GO!**  
Roll the dice using the video below. Move  
that many spaces.

When you land on a space, you must do  
that exercise in the box.

If you land on a **colored** space you can  
do 15 of that locomotor movement, or,  
do it for 30-seconds. Collect 1-point.

First player to 25 points wins!!

20 Mountain  
Climbers



**?**  
CHANCE

Walk on  
your tip  
toes for  
30-seconds



10 calf  
raises



Walk  
Backwards  
for 30  
seconds



**GO**  
You get 1 point!



30-second  
wall-sit



30-second  
plank



Balance A  
Stuffed  
Animal  
on your head  
and walk  
for 30-  
seconds

**?**  
CHANCE

**SKIP**

**JUMP**

**HOP**

**CRAB WALK**

**GALLOP**

**LEAP**

**SLIDE**

**BEAR CRAWL**



