

THE 'Physical Education' BOARD GAME RULES







The Physical Education board game for at home, play it together with your siblings, your parents/guardians etc. Play this game at least **twice a week**, but more often if you like it!

Provide your own dice and use pawns from another board game.

Each player throws the dice and performs the exercise which is on the box.



The following images need an explanation:

	Run one lap around your house.
	Do a handstand for 10 seconds.
	Planking for 30 seconds.
	Balance on your right foot for 20 seconds. After that, balance on your left foot for 20 seconds!



Make a front roll on each bed in your house! And be careful 😊



Collect all stuffed animals in your house, and throw them from a 2 meter distance in a basket or a bucket.



Blow up a balloon and hold it up in the air 10 times.



Do 10 frog jumps.



Find a stair tread or a curb and do 20 alternating jumps.



Do 10 jumping jacks.



Finished? Find a “Just Dance” music video on youtube and dance to it! For example: ‘Waka Waka’ or ‘Eye of the Tiger’. Well done!