

 ROLL AGAIN!	Create and perform a 2 minute dance routine.	 Take a 15 second drinks break!	Hold the plank for 30 seconds. Hard: 60 seconds.	Jump side to side over a pillow 40 times.	 Move forward 4 spaces	Perform 30 sit ups.	Balance on 1 leg for 60 seconds. Hard: Then the other leg.	 Easy: Name 2 NHL teams. Hard: They have to begin with, (choose 1 letter) B, C, D, N, P, S, T, or W.	Perform 40 star jumps.	 Go directly to the sin bin, do not pass go and miss 1 turn!	
Skip for 1 minute.			<h1>SPORTS</h1>							Balance on 1 leg and close your eyes for 30 seconds. Hard: other leg!	Jump on the spot 50 times.
Perform a balance using 1 hand and 1 foot.			 <h1>MONOPOLY</h1>							 Take a 15 second drinks break!	Perform a safe log roll, twice.
Take a 15 second drinks break!			<h2>RULES</h2>								
Perform 3 different types of jumps.			<ol style="list-style-type: none"> Each player has a different object to use as a game piece during the game. Roll the dice, move your piece and complete the task. First player to collect 100 points or 2 sets wins. Make the game longer or shorter by increasing/decreasing the winning points number. 							 Move backward 4 spaces	
Move backwards 4 spaces										 Take a 15 second drinks break!	
Keep a balloon in the air for 60 seconds. Hard: Use a tennis ball.											
Jump forward and backwards over a pillow 30 times.										Perform a safe dish roll twice.	
 Easy: Name 2 NBA teams. Hard: They have to begin with, (choose 1 letter) B, C, D, L, M, N, O, P, S, or T.										Premier League Easy: Name 2 PL teams. Hard: Name 3 PL grounds.	
Throw an object 10 times into a target.										Perform 30 push ups.	
Just Visiting! 	Perform 40 squat jumps	Perform a 2 feet to 1 foot jump. Hard: Finish by balancing on 1 foot.	 Take a 15 second drinks break!	Pass an object around your waist 25 times.	 Move forward 4 spaces	Wimbledon Easy: Name 2 male and 2 female tennis players. Hard: They have to be Wimbledon champions	Balance an object on your head for 30 seconds.	 Take a 15 second drinks break!	Can you balance 4 toilet rolls on your body? Hard: 6!	 Collect 5 points as you pass go!	