



Gymnastica Board Game - What you need: 1 dice (if you don't have a dice use a coin - heads count as 1, tails as 2), counters to mark your progress, a timer and a safe area to play

<h1>Start</h1>	<p>Do 20 star jumps</p> 	<p>Do 4 push ups</p> 	<p>High Five somebody in your Bubble</p> 	<p>Oh no, too much chocolate has slowed you down.</p>  <p><b>Go back two spots</b></p>
				<p>Name three fruit you like to eat?</p> 
<p>Twist side to side 20 times</p> 	<p>30 Straight jumps</p> 	<p>Hold Front support for 30 seconds</p> 	<p>Stand in straddle and reach for the opposite foot 6 times each side</p> 	<p>Run on the spot for 30 seconds</p> 
<p>Oh no, not enough exercise has made you weak.</p>  <p><b>Go back 2 spots</b></p>				
<p>Hold plank for 30 seconds</p> 	<p>Do 10 sit ups</p> 	<p>Do 5 candle stand to tuck sit</p> 	<p>Balance on one foot for 10 seconds</p> 	<p>Show Tuck, 'L' and Straddle shapes for 10 seconds each</p>
				<p>You skipped your breakfast and have no energy.</p>  <p><b>Go back 3 spots</b></p>
<h1>Finish</h1>	<p>Try a lifted straddle support hold</p> 	<p>Oh no, you stayed up to late and are now tired</p> <p><b>Skip a turn and take a nap</b></p> 	<p>Log roll in straight shape 5 times each way</p> 	<p>Go through the alphabet and name a gymnastics move for every letter</p> 