

Red Go back 6 spaces

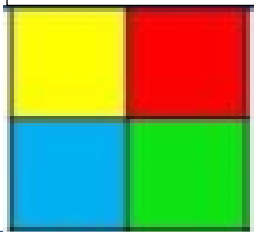
Jump and clap 10 times

Perform a silly dance

See how far you can jump

Do a side step with a pivot

Jump up and down 6 times



Everybody do the Mexican Wave

Choose your own action

Pretend to swing from tree to tree

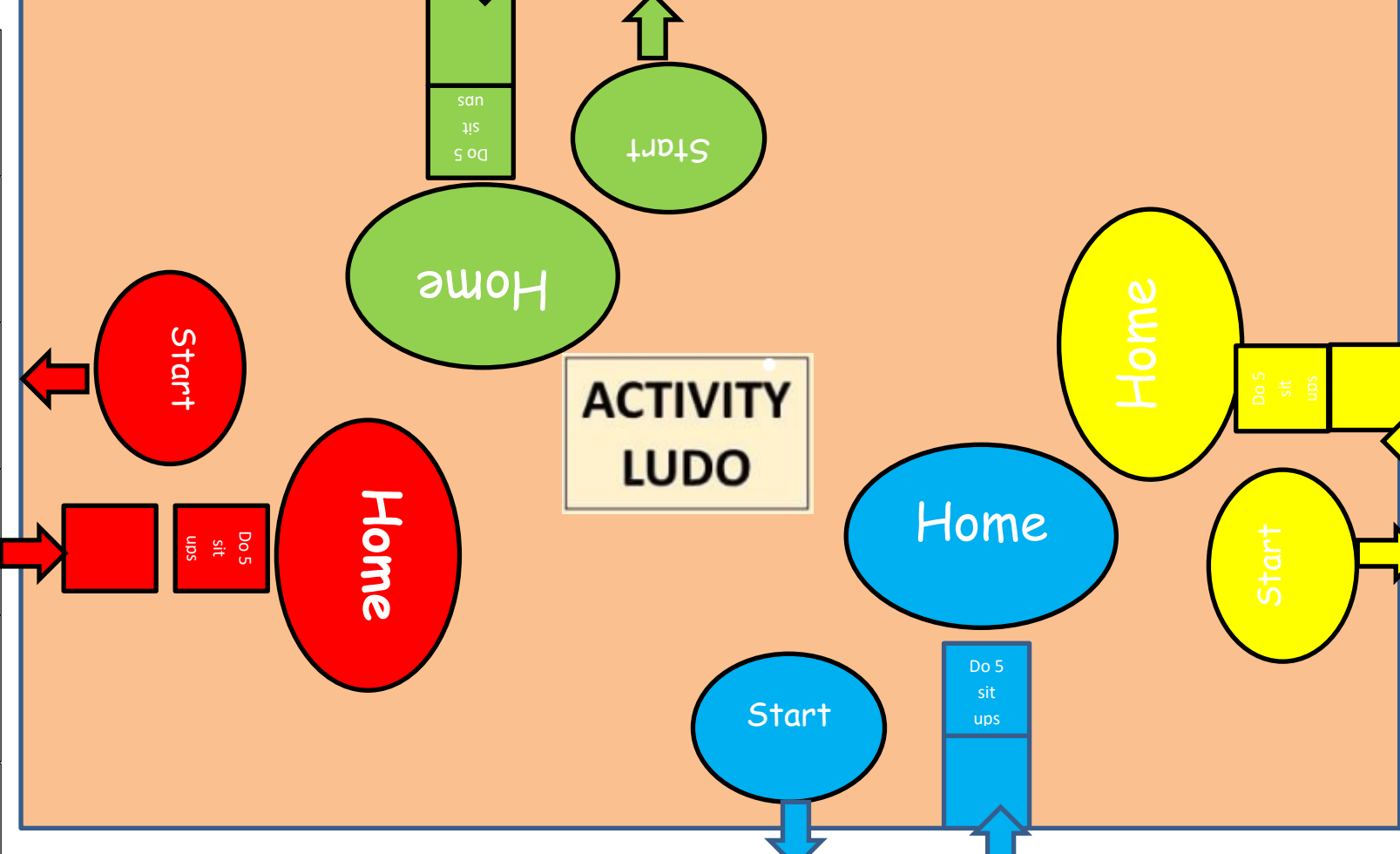
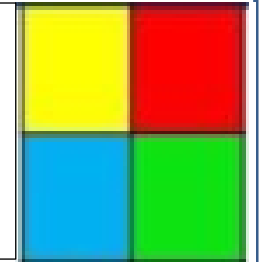
Do 14 Star Jumps

Jump and clap 12 times

Pretend to hula hoop for 6 seconds

Spin around 4 times

Green Go back 5 spaces



Do 10 hops on each leg

Everybody do a crazy dance

Do 10 star jumps

Act like an animal

Spin around 3 times

Yellow go back 5 spaces

Blue Go back 6 spaces

Do 10 hops on each leg

Spin around 5 times

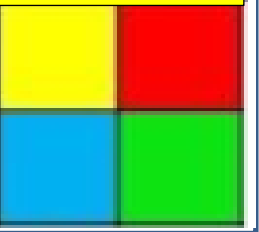
Do 15 star jumps

Pretend to score a goal

Do 8 squats

Jump up and down 10 times

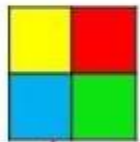
Do 5 hops on each leg



Ludo is a board **game** for 2-4 players. Every player is assigned 4 pieces. The goal is to get all your pieces around the **game** board and into **home**. Players take turn at throwing the **dice**, which decides how far a piece **can** be moved.

Players take turns in a clockwise order; highest throw of the die starts. Each throw, the player decides which piece to move. If no piece can legally move according to the number thrown, play passes to the next player.

To start a player must throw an **odd** number.



This square means roll dice again.



Red **ONLY** would slide to the end of the arrow when landing anywhere on the arrow. Other colours ignore.



Blue only would move back 6 spaces – this allows blue to almost get home!

Activity squares – You complete the exercise on the square you land on

Optional Rule – If your player lands on another piece of a different colour you can send them back to the start. **ENJOY !**