

**GO**

Jog on the spot for 45 seconds



Balance on one leg for 30 seconds

Complete 10 burpees



Complete 10 press ups

Perform Tri-cep dips for 30 seconds



Sprint on the spot for 20 seconds



Complete a 30 seconds wall sit

Perform 15 leg raises



Sprint on the spot for 25 seconds



Complete 15 jumping squats

Jump and reach up as high as possible 10 times



Perform high knees on the spot for 30 seconds

JUST

**Return to the PE Office**

VISITING

Hold the plank for 45 seconds

Complete 10 glute bridges



Complete a 45 seconds wall sit



Complete 10 press ups, 10 sit ups and 10 star jumps

Perform 10 lunges on each leg



Do 15 Burpees



THE DEAN TRUST  
Lord Derby Academy

# LDA PE Monopoly

## What you need:

- Dice (create one if you don't have one)
- Counters for each player (use whatever you like)
- An object (ball, toilet roll, socks, pillow)
- Water for each player

## Rules:

- Each player has a different game piece
- Roll your dice, move your piece and perform the task
- Perform your favourite celebration every time you pass go
- Be the first to perform 3 celebrations



Move forward 4 places



Roll again

## KEY:



PE Office



Take a water break