

 <p>Bonus go! Roll again</p>	<p>Do 1 star jumps</p> <p>Heart</p>	<p>9 spaces</p> <p>Move Back</p>	<p>Do 5 laps of the hall as fast as you can</p> <p>Heart</p>	<p>Shadow box/punch for 1 minute</p> <p>Heart</p>	<p>Name 5 things important to our complete health and wellbeing?</p> <p>Question</p>	<p>How many hours sleep should you get per night?</p> <p>General</p>	<p>Go round the group and ask them how they are feeling in the form of a weather forecast and why?</p> <p>General</p>	<p>30 second drinks break</p>	<p>The whole group must jump round the hall 2 times like kangaroos</p> <p>General</p>	<p>SINBIN MISS A TURN</p>
<p>Lucky Dip</p> <p>Roll the dice 3 times whatever the number the whole group does Squats, push ups then laps of the hall.</p>	<p>Lucky Dip</p> <p>Roll odd forward 2 spaces, roll even back 4 spaces</p>	<p>30 second drinks break</p>	<p>Lucky Dip</p> <p>Roll odd gain 5 points, Roll even lose 5 points</p>	<p>Question</p> <p>Name 5 Olympic sports or 3 paralympic sports?</p>	<p>Strength</p> <p>Do 15 squats</p>	<p>Strength</p> <p>Do 15 push ups</p>	<p>Move forward</p> <p>2 spaces</p>	<p>Strength</p> <p>Do 15 burp ees</p>	<p>Balance</p> <p>Put another players counter on the square of your choice</p>	<p>Activity</p> <p>Organise the whole group to play any tag game for 5 mins.</p>
<p>Lucky Dip</p> <p>Roll odd forward 2 spaces, roll even back 4 spaces</p>	<p>30 second drinks break</p>	<p>Lucky Dip</p> <p>Roll odd gain 5 points, Roll even lose 5 points</p>	<p>Question</p> <p>Name 3 racket sports?</p>	<p>Move forward</p> <p>5 spaces</p>	<p>Activity</p> <p>Get the whole group to do 4 exercises for 30 secs.</p>	<p>Activity</p> <p>Get the whole group to play ANY throw and catch game for 5 mins</p>	<p>Question</p> <p>Name 3 rackets sports?</p>	<p>30 second drinks break</p>	<p>Balance</p> <p>Stand on each leg (1 at a time) for 20 seconds</p>	<p>Question</p> <p>Name 3 rackets sports?</p>
<p>GO STRAIGHT TO THE SINBIN!</p> 	<p>Nutrition</p> <p>How much water should you drink each day?</p>	<p>Nutrition</p> <p>What do protein and carbohydrate do to our bodies?</p>	<p>30 second drinks break</p>	<p>Nutrition</p> <p>Name all 5 segments of the Eatwell Guide?</p>	<p>Hazard!</p> <p>Put another players counter on the square of your choice</p>	<p>Question</p> <p>Name 3 Leicester city players?</p>	<p>Well-being</p> <p>Close your eyes for 1 minute and tell the group 3 things you can hear?</p>	<p>Move forward</p> <p>4 spaces</p>	<p>Well-being</p> <p>Say 1 positive thing about all of the other players not about how they look</p>	<p>START</p>
 <h1 style="color: blue;">Leicester Wellness-opoly</h1>  <div style="border: 1px solid black; padding: 10px; margin: 20px auto; width: 80%;"> <p>RULES:</p> <ol style="list-style-type: none"> Each player takes it in turns to roll two dice and move around the board. They will get 5 points for each completed square. Only the person who's turn it is gets the points for the square. For questions "only the first answer" will be accepted. The winner is the player who gets to 100 points first or completes 3 sets of colours. </div>  										
<p>30 second drinks break</p>	<p>Lucky Dip</p> <p>Roll odd gain 5 points, Roll even lose 5 points</p>	<p>Question</p> <p>Name 5 Olympic sports or 3 paralympic sports?</p>	<p>Strength</p> <p>Do 15 squats</p>	<p>Strength</p> <p>Do 15 push ups</p>	<p>Move forward</p> <p>2 spaces</p>	<p>Strength</p> <p>Do 15 burp ees</p>	<p>Balance</p> <p>Put another players counter on the square of your choice</p>	<p>Balance</p> <p>With the whole group on 1 knee keep a balloon in the air for a group for 1 minute</p>	<p>Balance</p> <p>Stand on each leg (1 at a time) for 20 seconds</p>	<p>30 second drinks break</p>