




 <p>FREE PARKING</p> <p>30 SECOND REST</p>	<p>DEVELOPING - 15 SECURE - 30 SECS EXTENDING - 1 MIN</p> <p>PLANK PLACE</p>	<p>DEVELOPING - 15 SECURE - 30 SECS EXTENDING - 1 MIN</p> <p>RUNNING ON SPOT STREET</p>	<p>REST FOR 30 SECONDS</p>  <p>BREATHER STATION</p>	<p>DEVELOPING - 10 SECURE - 20 EXTENDING - 30</p> <p>SIT UP STREET</p>	<p>DEVELOPING - 10 SECURE - 20 EXTENDING - 30</p> <p>RUSSIAN TWIST ROAD</p>	 <p>GO TO JAIL</p>
<p>DEVELOPING - 5 SECURE - 10 EXTENDING - 15</p> <p>KNEE TUCK SQUARE</p>	<p>SINGLE PLAYER RULES</p> <ol style="list-style-type: none"> THE FIRST PLAYER ROLLS DICE AND MOVES COUNTER THE NUMBER OF SPACES INDICATED COMPLETE ACTIVITY STIPULATED TO YOUR OWN ABILITY LEVEL MARK STREET VISITED AND REPS CARRIED OUT ON HANDOUT THE NEXT PLAYER NOW TAKES THEIR TURN AFTER GAME, ADD UP TOTAL STREETS VISITED AND TOTAL REPS COMPLETED 					<p>DEVELOPING - 15 SECURE - 30 EXTENDING - 45</p> <p>SHADOW PUNCH PARADE</p>
<p>DEVELOPING - 10 SECURE - 20 EXTENDING - 30</p> <p>MOUNTAIN CLIMBER CLOSE</p>						<p>DEVELOPING - 5 SECURE - 10 EXTENDING - 15</p> <p>LEG RAISE LANE</p>
<p>REST FOR 30 SECONDS</p>  <p>REST STATION</p>	<p>TEAM PLAY RULES</p> <ol style="list-style-type: none"> THE FIRST PLAYER IN TEAM ROLLS DICE AND MOVES COUNTER THE NUMBER OF SPACES INDICATED AS A GROUP, COMPLETE ACTIVITY STIPULATED; WORKING AT YOUR OWN LEVEL ALL MARK STREET VISITED AND REPS ON INDIVIDUAL HANDOUT THE NEXT TEAM MEMBER NOW ROLLS DICE AND PROCESS REPEATS AFTER GAME, ADD UP TOTAL STREETS VISITED AND TOTAL REPS COMPLETED 					<p>REST FOR 30 SECONDS</p>  <p>BREAK STATION</p>
<p>DEVELOPING - 10 SECURE - 15 EXTENDING - 20</p> <p>PRESS UP PARK</p>						<p>DEVELOPING - 15 SECURE - 30 SECS EXTENDING - 1 MIN</p> <p>BALANCE ROAD</p>
<p>DEVELOPING - 5 SECURE - 10 EXTENDING - 15</p> <p>SQUAT THRUST CRESENT</p>	<p>JAIL MUST ROLL A 6 TO ESCAPE; IF NOT, COMPLETE: 5 BURPEES, 5 SIT UPS AND 5 PRESS UPS. IF NO 6 IS ROLLED AFTER 3 TURNS, YOU ARE RELEASED</p>					<p>DEVELOPING - 6 SECURE - 12 EXTENDING - 20</p> <p>PRESS UP SHOULDER TOUCH STREET</p>
<p>JUST 30 SECOND REST</p>  <p>VISITING</p>						<p>LUNGE LANE</p> <p>DEVELOPING - 10 SECURE - 20 EXTENDING - 30</p>

