



DICE CHALLENGE

PLAY THIS GAME WITH 10 ROLLS OF THE DICE EACH NUMBER HAS AN ACTIVITY FOR YOU TO COMPLETE, YOU CAN ALSO PLAY THIS WITH YOUR FAMILY MEMBERS.

IF YOU THROW:

1. 10 SQUAT JUMPS
2. HOLD FRONT SUPPORT FOR THE COUNT OF 30
3. 10 TUCK JUMPS
4. HOLD BACK SUPPORT FOR THE COUNT OF 30
5. 10 JUMPING JACKS
6. ROCK BACKWARDS AND FORWARDS 5 TIMES AND TRY TO STAND UP WITHOUT USING YOUR HANDS