DAVIES SPORTS

play   learn   compete

Sportopoly

GO — Collect 5 points as you pass

How many toilet rolls can you balance on your body

15 second water break

Throw an object into a target 10 times

Name 2 NBA teams that begin with the letter C — Basketball

Move forward 4 spaces

Perform 40 squat jumps — THE PE AND SCHOOL

15 second water break

Balance an object on your head for 30 seconds

Pass an object around your waist 25 times

SIN BIN!

Perform a safe pencil roll

Name 2 NFL teams that begin with the letter T — American Football

Perform 30 push ups

15 second water break

Move forward 4 spaces — THE PE AND SCHOOL

Perform a safe forward roll

15 second water break

Jump on the spot 50 times

Balance on 1 leg and close your eyes for 30 seconds

Perform a 1 foot to 2 feet jump

St Georges Park — Name all 20 Premiership teams in 30 seconds

Jump forwards and backwards over a pillow 30 times

Keep a balloon in the air for 60 seconds

Move forward 4 spaces — THE PE AND SCHOOL

Perform 3 different types of jumps

15 second water break

Perform a balance using 1 hand and 1 foot

Skip for 1 minute

THE PE AND SCHOOL SPORTS NETWORK

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SPORTOPOLY

Rules:
1. Each player must have a different object to use as a game piece

2. Roll the dice and move your piece and complete the tast

3. Each task completed you earn points of that colour

4. If you end up in the Sin Bin you miss a go

5. first player to either collect 100 poi nts or complete two different sets of colours wins

- Brown = 1 point
- Light Blue= 2 points
- Pink= 3 points
- Orange= 4 points
- Red= 5 points
- Yellow= 6 points
- Green= 7 points
- Dark Blue= 8 points

SIN BIN! Move straight to SIN BIN. DO NOT PASS GO!

Perform 40 star jumps

Wimbledon — Name 2 male and 2 female tennis players in 40 seconds

Balance on 1 leg for 60 seconds

Perform 30 sit ups

Move forward 4 spaces — THE PE AND SCHOOL

Jump side to side over a pillow 40 times

Perform a 2 feet to 1 foot jump

15 second water break

Create and perform a 2 minute dance routine

ROLL AGAIN!