


BACK TO START 🏠	STEPOVER OUTSIDE 30 SECS	HOOK TURN 20 SECS	INSIDE CUT 30 SECS	STEPOVER INSIDE 20 SECS	STOP TURN 30 SECS	OUTSIDE CUT 20 SECS	SLAP TURN 30 SECS	SQUEEZE TURN 20 SECS	REVERSE HOOK TURN 30 SECS	SKIP TO START 🕶️
SIDESTEP 20 SECS	BEAT THE MAN MOVES	<h1>URNS</h1>   <p>INTERNATIONAL ACADEMY PARTNER</p> <h1>MONOPOLY</h1> <p><u>RULES</u></p> <p>Take turns rolling the dice – complete activity set in the square</p> <p>First round the board three times wins (or game master can dictate how many times)</p>								BALL BOXING 30 SECS
HIGH WAVE 30 SECS		ROLLOVER STOP 20x								
DRAG PUSH 20 SECS		TOE TAPS 30 SECS								
SPIN TURN 30 SECS		PULL & PUSH 20x								
SHIMMY 20 SECS		FAST FEET 45 SECS								
SCISSORS 30 SECS		V PUSH 20x								
CR7 CHOP 20 SECS		INSIDE/O.SIDE 30 SECS								
SKIP 5 SPACES 🏠		30 SECS NON-STOP	FOOT:FOOT / KNEE: KNEE x2	DIFF PARTS OF YOUR BODY (4 PARTS)	FLICK + CATCH 3x	1:1 / 2:2 / 3:3 (BOTH FEET)	LEFT FOOT 20x	ALTERNATE 30x	THIGH 10x	RIGHT FOOT 20x
	KEEP UPS									
	BALL MANIPULATION									