

REST!

SEATED / OR
STANDING
MARCH X 15

SEATED / OR
STANDING
MARCH X 15

SEATED / OR
STANDING
MARCH X 15

HEAD SHOULDERS
KNEES AND TOES

MOVE
BACKWARD
4 SPACES

SQUISH THE
STRESS BALL
X 10

SQUISH THE
STRESS BALL
X 10

REST!

CORE
SLIDERS
X 10

LET'S
GET
MOVING

GOLDEN GAMES



CORE
SLIDERS
X 10

SIT TO
STAND
X 3

SIT TO
STAND
X 3

WALK
AROUND
CHAIR

HOLD YOUR
ARMS OUT
STRAIGHT
FOR 30s

Rules

1. Roll the dice, move your player & complete the activity
2. Every time you pass go you get a point
3. First person to 3 points is the winner

Top Tips

1. Adapt exercises for different abilities
2. Hold onto something if needs be!
3. Check out the *Golden Games Information Guide* for explanations of each activity

Extra Challenge:
Can you create your own Active Monopoly using different activities?

Want to make it harder?

1. Double the activities in the box
2. Increase the points to win the game

Want to make it easier?

1. Halve the activities in the box
2. Decrease the points to win the game?

HEEL RAISES
X 10

ARM
CIRCLES 10
SECONDS

HEEL RAISES
X 10

ARM
CIRCLES 20
SECONDS

WALL
PRESS UPS
X 5

WALL
PRESS UPS
X 5

WALL
PRESS UPS
X 5

MOVE
FORWARD
3 SPACES

SIDE ROTATIONS
X 10

SIDE LEG
RAISES X 10
EACH SIDE

SIDE LEG
RAISES X 10
EACH SIDE

REST!

GO