

Fitness Monopoly

Crafts | Games | Exercise

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WHAT MAKES IT MEANINGFUL

This activity can be enjoyed with family and friends. It encourages socializing and fitness. It is an opportunity to experience all aspects of physical fitness—muscular strength, and muscular endurance. This activity can be adaptable to any setting, it can easily be modified. You can engage in this activity standing or sitting.

TIME

30 minutes to an hour

MATERIALS

- Bristol Board (Dollar Store \$2-3)
- Coloured Markers/Crayons (Dollar Store \$2)
- Dice (Dollar Store \$1) *optional*
- Printable Dice Template (Make your Own)

INSTRUCTIONS

1. Prepare all your materials.
2. Start with a warm-up of your choice to get your muscles warmed up, and loose!
3. Once you are warmed up, you can start playing the game.

There are 2 ways you can play the game:

Option #1: Start with one player rolling the dice. Once the dice is rolled, move the number of spaces the dice says, on the board. All players do the same activity on the board together, and move clockwise, one square at a time, around the board. You can go around the board as many times as you wish.

Option #2: Start with one player rolling the dice. Once the dice is rolled, move the number of spaces the dice says, on the board. The person rolling the dice, will complete the activity on the board. Next, moving clockwise, each player will INDIVIDUALLY roll the dice, and complete the activity on the board. You can go around the board as many times as you wish.



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RESOURCES

Suggested Warm up links: [5 Minute Warm Up](#) | [Mi Gente x Havana Mix](#) | [Gina B](#)

[Cool Down Suggestion: 6 Minute Post Workout Cool Down & Stretch](#) | ["Get Lucky" By Daft Punk Ft. Pharrell Williams](#)

Fitness Monopoly Board:

START GO ->	20 Jumping Jacks	10 Frog Hop	15 Toe Touches	10 Stand to Sit	20 Butt Kicks
Cool Down or Go Again	FITNESS MONOPOLY				15 High Knees
20 Jumping Jacks					20 knee, Knee, Heel Heel
Balance on right foot for 15					20 Side Reaches
Balance on left foot for 15 count					20 Arm Circles
Invisible Jump Rope 30 Count	20 Shadow Boxing	20 Side Shuffles	15 Squats	Hop on the spot 30 count	Try to touch the clouds for 10 count

SUPPORTS NEEDED

Depending on the individual levels of support may vary.

- If doing the activity virtually may need help accessing a computer.

OTHER THINGS TO NOTE:

- You will need 2 to 10 players
- Everyone will need space to do this activity. Be mindful of people and things around you. Try putting your arms out to your sides, if you don't touch anything around you, you are in the clear!
- Dress comfortably.