

Game instructions for parents:

You need a dice, a token for yourself or others that may play with you, and access to a Spanish dictionary either online or physically edited.

You will use the dice to move through the board.

Wherever you fall you will have a physical activity to do, but the instructions will be in Spanish. You will have to translate first and then complete the task.

The first player to arrive to the end wins.

Translation of physical activities for parents:

1. To make 10 jumps clapping hands in the air
2. 5 squats
3. To walk 50 steps around the house
4. To jump on one foot 15 times
5. The well: Go back to START
6. To keep balance, on one foot for 15 sec
7. To dance a Zumba song you like from youtube (any song)
8. Challenge someone from the family
9. To make a mimic game
10. To jump 10 times with both feet
11. Rolly pony on the bed (or any safe roll)
12. To jump 10 times, opening and closing both legs and arms(Start jumps)
13. WELL: If you fall in the well you have to go back to number 6
14. Skipping with knees UP during 15 sec
15. Bailar a Zumba song
16. To walk 50 steps around the house
17. To jump on one foot 15 times
18. Challenge someone from the family
19. To make a mimic game

20. PRISON: To get out of prison you have to roll 5 on the dice or overcome a challenge form the family
21. To jump 10 times, opening and closing both legs and arms(Start jumps)
22. 5 squats
23. To walk 50 steps around the house
24. Skipping with knees UP during 15 sec
25. To jump with both feet together 15 times
26. Congratulations! You have finalized the goose game for Physical Education at home