

# Across the Board

Two or more players. Age range: 5-10

**Items needed:** colored construction paper (or white paper and a pencil)

## To Play:

1. Find 5 pieces of colored construction paper (blue, green, red, yellow, and orange) or just write color name on a white piece of paper.
2. Place them in a line in front of you about 1 foot apart.
3. Designate an activity for each color, that must be accomplished before jumping to the next piece of paper.

Example:     *Blue = 15 jumping jacks*  
                  *Green = Hop 20 times on your right foot*  
                  *Red = Hop 15 times on your left foot*  
                  *Yellow = 15 basketball jump shots*  
                  *Orange = Skip in place while counting to 50 by 5's*

4. Have a family member or friend time how fast you can go through all 5 activities.
5. Switch roles and time them.
6. The fastest time wins.



## Game Variations:

- Write an additional activity on the back of each sheet and switch it up every time you play
- Create more stations (8-10) to make it more challenging
- Time how long it takes to go back and forth

*NOTE: If you live in an apartment and have people living below you, please be courteous to them when playing the game.*

