

PARK SPORT

NOUGHTS AND CROSSES



Balance in the plank position for 60 seconds	Complete 10 milk bottle bicep curls on each arm – if you don't have a milk bottle use any bottle!	Small arm circles for 30 seconds – feel the burn!
Kangaroo jumps side to side for 30 seconds	Complete 10 sumo squats – push through the heels!	Balance an object on your head and walk for at least 5 metres
Ab crunches for 30 seconds – work that core!	Fast feet for 30 seconds – how fast can you go!?	Complete 10 star jumps

INSTRUCTIONS:

This is our active take on a classic game to be done with a friend or family member.

Each player takes their turn to draw their 'X' or 'O' onto one of the empty squares in the grid, but to do that they must complete the activity challenge within that square.

To win the game, get three of your symbols in a line horizontally, vertically or diagonally.

