

# The COLOR DASH

**Objective:** Players DASH around the board collecting as many points as possible by completing exercises.

**Equipment:** The equipment consists of a COLOR DASH board, 1 die, 1 game piece per player (create your own), 1 water bottle per player, and a pad and pencil to keep score.

**Game Play:** To begin, each player rolls the die. The player with the higher number goes first. Place game pieces on the square marked “START/FINISH.” Roll the die to establish how many spaces to move in a clockwise direction. Complete the action assigned to the square in order to earn its point value. Use the key located in the center of the board to determine the square’s action and point value. Players alternate turns. Play continues until *both players* land directly on or pass by the square marked “START/FINISH.” The player with the most accumulated points wins the game. This is *not* necessarily the player who finishes first. Be sure to congratulate each other on working hard and having fun completing The COLOR DASH!

**Alternative Version:** Set a timer for a predetermined amount of time. For example, you may want to either play until you finish the board or stop the game after 5 minutes (or whatever time you set). Increase the maximum time throughout the month.

Using the calendar, write your initials on each day you complete The COLOR DASH. At the end of the month, have a parent or guardian sign the bottom of the calendar. Try to complete at least twelve days. Return it to your PE teacher for a certificate.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	MARCH FITNESS CHALLENGE			

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Days Completed: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Teacher: \_\_\_\_\_