

SIX in a ROW!

Objective: Players attempt to be the first person to cover six squares in a row or diagonally.

Equipment : SIX In a ROW game board *per player*; 2 playing dice, game chips, 2 identical plastic bottles for flipping, 1 laundry basket or similar receptacle, 2 identical light-weight balls or rolled-up socks to shoot into receptacle

To begin: Each player rolls the dice. The player with the highest number goes first. Play continues clockwise.

Game Play: Roll the dice *one at a time*. The first die represents the column (up and down) and the second die represents the row (left to right). Therefore, if your first roll is a six and your second roll is a four, you would go down six then over four to find the correct square. *Roll again if a square is already covered with a game chip.*

- **Landing on a color:** When you land on a color, do the assigned exercise, before placing a game chip over the color.
- **Landing on a challenge icon:** There are four different challenge icons on each board. Landing on a challenge icon means a player can *only* earn the square if she defeats the player to her left while performing the icon's assigned challenge. *Only the player who wins the challenge places game chip over the square.*

The first player to cover six squares in a row or diagonally wins the game.

COLOR	EXERCISES
	10 Jumping Jacks
	5 Burpees
	3 Push-ups
	20 Second Plank
	10 Squats
	10 Arm Circles

CHALLENGE ICON	CHALLENGE
	A player who lands on a challenge icon competes against the player to the immediate left. The winner earns the square.
	ROCK, PAPER, SCISSORS Play rock, paper, scissors with the player to your left. The player who wins two out of three earns the square.
	TRASHKETBALL You and the player to your left stand side-by-side 8-10 feet from the basket. The first player to score 3 baskets earns the square.
	FIRST to ROLL 20 or MORE You and the player to your left each <i>take turns</i> rolling one die. The first to roll 20 or more points earns the square.
	BOTTLE FLIP You and the player to your left take turns flipping your bottle. The first to land the bottle 3 times earns the square.

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	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						