

## Prostars Board Game

“Have you got what it takes to take on our active board game challenge?”

### How does it work?

Step 1 – Choose your coach and cut them out

Step 2 – Make your dice

Step 3 – ‘You’re ready to play!’ – Either play by yourself or with family.  
The aim is to get to the finish line by completing the challenges on the game board.

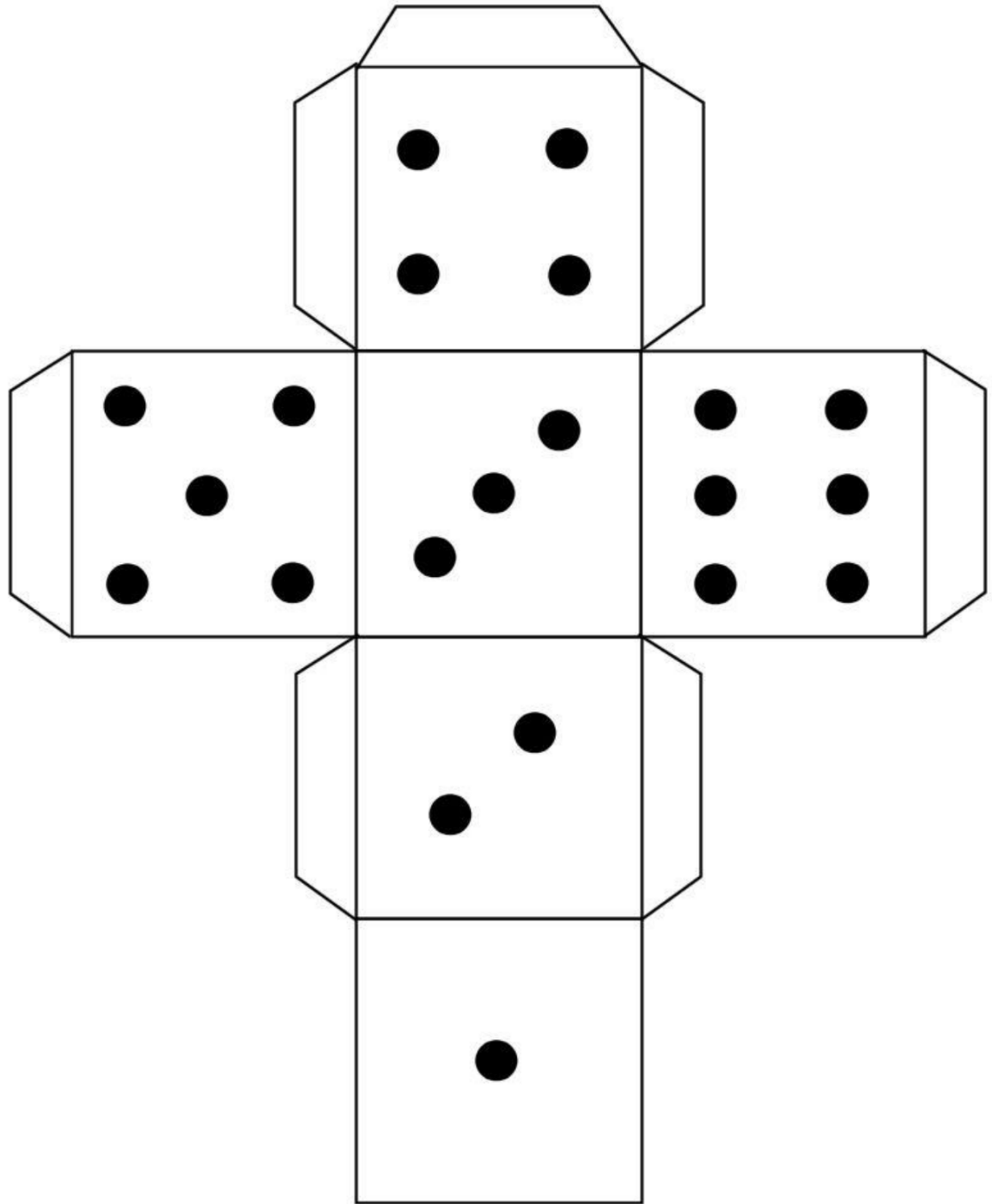
GOOD LUCK!



*Step 1 – Pick a coach of your choice to help you along the way and cut them out..*



Step 2 – Cut out and build your dice



### Step 3 – Let's Play!

The board game grid consists of a 6x8 grid of cells. The cells contain the following text:

- Row 1: Start (green), Complete 5 Star Jumps (green), (empty), Run on the spot for 30 seconds (green), (empty), Name 10 sports which use a ball? (blue), (empty), Go back to the start (red)
- Row 2: (empty), (empty), (empty), (empty), (empty), Go back 4 spaces (red), (empty), (empty)
- Row 3: Hold a plank pose for 20 seconds (green), (empty), (empty), (empty), (empty), (empty), (empty), (empty)
- Row 4: Go back to the start (red), (empty), (empty), (empty), (empty), (empty), (empty), (empty)
- Row 5: (empty), (empty), (empty), (empty), (empty), (empty), (empty), (empty)
- Row 6: Name 3 sports beginning with 'S' (blue), (empty), (empty), Name 3 racket sports? (blue), (empty), (empty), (empty), Complete 5 press ups (green)
- Row 7: Complete 5 burpees (green), (empty), Miss a go (red), Hold any balance for 10 seconds (green), (empty), Roll again (purple), (empty), Name 3 types of dance (blue)

A central logo for "Forest Sports Education" is overlaid on the grid. The logo features a blue circular emblem with white trees and the text "SPORTS SPECIALISTS". Below this, it says "Forest Sports Edu" and "WHERE OPPORTUNITY MEETS POTENTIAL". At the bottom of the logo is a stylized figure of a person in a green and red uniform.

**Finish**  
**Well Done!**  
**Prostars Team**