

Active Noughts and Crosses

Watch the video of Miss Wheeler and one of her housemates for a visual representation of the game.

You will need

4 blankets or towels

6 cushions/objects, three of each colour or shape

Space to move around!

How to play

Take it in turns placing an object in the spaces on the noughts and crosses board.

Continue the game until someone wins.

While one person takes their turn, the other should be staying active, this could be jogging on the spot, star jumps or squats for example.