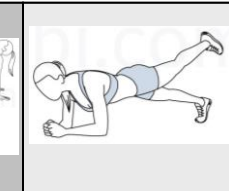
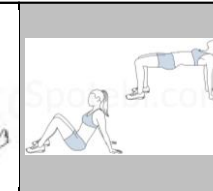
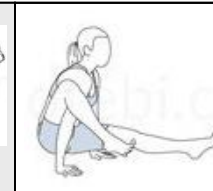
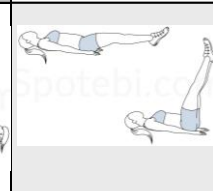
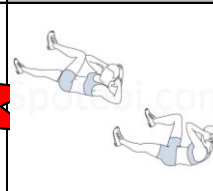
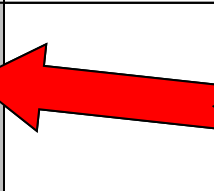
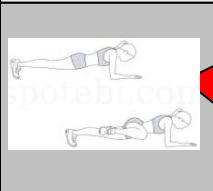
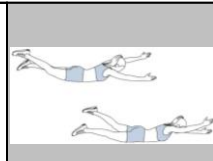
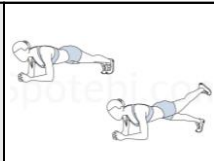
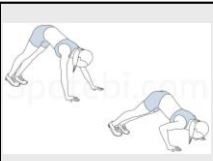
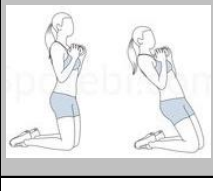
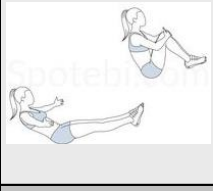
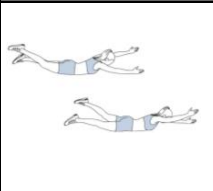


Krachtig ganzenbord GV Wilskracht

Nodig: pionnen, 2 of meer dobbelstenen, ruimte om opdrachten veilig uit te voeren



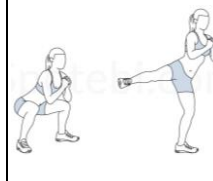
Ga 2 plaatsen terug



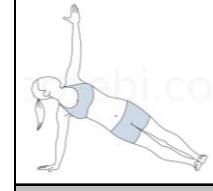
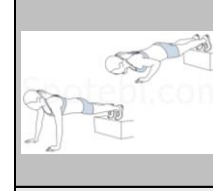
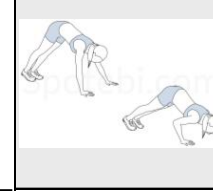
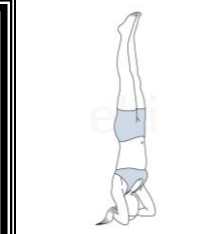
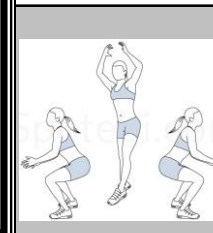
Oh nee, terug naar start



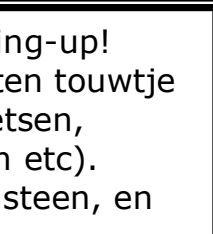
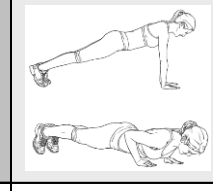
Sla 1 beurt over



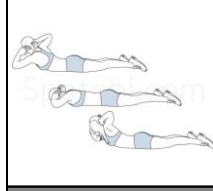
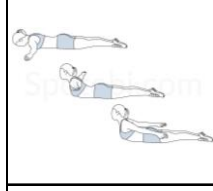
Ga 2 plaatsen terug



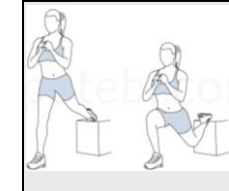
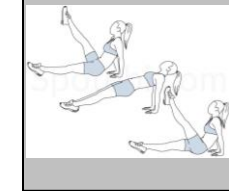
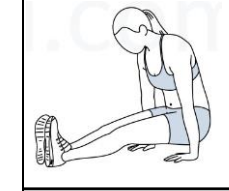
Oh nee, terug naar start



Finish! Goed gedaan!



Ga 2 plaatsen vooruit



Start

- Doe eerst een warming-up! Bijvoorbeeld 2 minuten touwtje springen, rennen, fietsen, traplopen, knieheffen etc).
- Gooi met één dobbelsteen, en verplaats je pion.
- Gooi vervolgens met 2, 3 of zelfs 4 dobbelstenen. Het aantal ogen is het aantal keer of aantal tellen dat je de oefening gaat doen.

