

# Take & Make

ACTIVITIES WITH CITY OF SACRAMENTO

## Legendary Heroes



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City of  
**SACRAMENTO**  
Youth, Parks, & Community Enrichment

### STAY ACTIVE. BECOME A LEGEND.

Fun for the whole family! This simple game will allow you to stay active while having fun!

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# Resources

## **Virtual Recreation Page**

The City of Sacramento has established a Virtual Recreation Webpage. Visit us for arts and crafts activities, food projects and more!

<https://www.cityofsacramento.org/ParksandRec/Community-Centers>

## **FREE Curbside Pickup Meal Service**

Free for children ages 18 and under. Check with your local community center for days and times or visit our virtual recreation page for more info.

## **Social Media**

Visit us on Instagram [@YPCE\\_CityofSac](#) and on Facebook [@YouthParksCommunityEnrichment](#) to stay up to date on programs and services.

# Modifications

## Varying Abilities

Movements and quantities can be modified based on an individual's abilities. For example, a small child may not be able to spider crawl as well as a teenager. In these instances, modify the movement for everyone or swap it out with a different one.

Here are some other movements that you can perform:

- Jumping jacks
- Star jumps
- Mountain Climbers
- Planks
- Bicycles

Don't forget, the purpose of this game is to help you stay active while having fun. The most important thing is to keep moving, have fun and become a legend.

# Overview of Game

## Legendary Heroes

This game is designed to keep you and your family active. The game is simple. Roll the "Legendary Cube" and perform the movement that it lands on. Move the specified number of spaces on the game board. The first player to reach "Legendary" status on the game board is the winner.

## Materials Needed:

1 Game board (provided)

1 Game cube (provided-unassembled)

Scissors

Glue or stapler

Gameboard pieces (like rocks, pasta, etc.)

Space to move!

# Game Rules

## Let the Fun Begin!

You can determine who starts by age (oldest or youngest), by playing rock paper scissors or however you want! To start your turn, roll the cube by tossing it in the air and giving it a little spin. Let the cube land and stop. The side that is facing up is the movement you must perform. Once complete, move the specified number of spaces on the cube.

## Movements

If you are unsure of how to perform the movement, feel free to google them prior to starting the game. There may be different ways to perform the movement. There is no wrong answer as long as all players agree on how to perform the movement. The important part is to keep moving!

# Game Rules

## The Chameleon

The cube is equipped with a “Chameleon” ability. This allows the player who rolled it to perform any of the movements on the cube. For example, you may choose a movement that allows you to move more spaces. If a player rolls more than 1 chameleon in the game, they must not choose the same movement more than once. If a player has performed all movements as a “Chameleon,” they lose their turn if they roll a “Chameleon” again.

## Power Ups

Power Ups are available and are listed on the game board. Power ups enable you to move extra spaces as long as you perform the additional required movement. Players can use each power up only once during the course of the game.



1. Cut around outer edges of figure below.
2. Fold along the bold lines and assemble the cube with glue or tape.

## **Beast**

Gain Strength.  
Perform **10** push-ups  
and move **5** spaces.

*Push-ups x 10  
Spaces + 5*

## **The Flash**

Gain Speed. Perform fast  
feet for **20 seconds** and  
move **4** spaces.

*Fast feet x 20 secs  
Spaces + 4*

## **Nuclear Reactor**

Generate Energy.  
Perform **10 sit ups** and  
move **5** spaces.

*Sit ups x 10  
Spaces + 5*

## **Spider**

Gain Agility. Perform a  
spider crawl for **10 feet**  
and move **6** spaces.

*Spider Crawl x 10 feet  
Spaces + 6*

## **Nova Blast**

Gain Power. Perform a  
wall sit for **20 seconds**  
and move **5** spaces.

*Wall Sit x 20 Secs  
Spaces + 5*

## **Chameleon**

Gain Adaptability.  
Perform **any exercise**  
on this cube and **gain**  
those rewards.

*No repeats.*