

DICE ROLL

FITNESS GAME

EQUIPMENT

- None (dice optional but not essential).

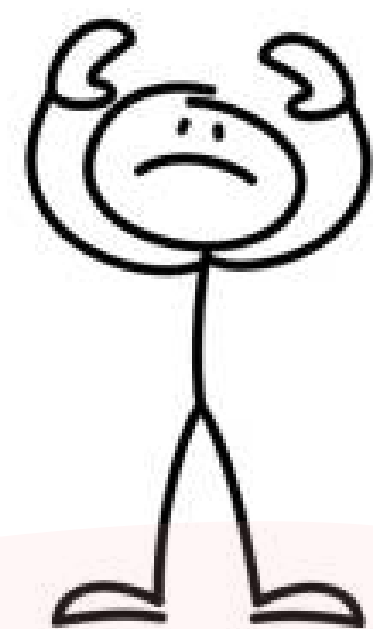
ACTIVITY

- Each number of a dice correlates with an action.
- When that number is called - students have to perform that action.

FOR EXAMPLE

- 1 - Flex your biceps
- 2 - Spin around
- 3 - x2 Burpees
- 4 - Pat your head and rub your belly
- 5 - x5 Star jumps
- 6 - Roar like a lion

"FLEX YOUR BICEPS"



- The facilitator can either roll the dice or call a number.

VARIATIONS

- Once students are familiar with the instructions, test them by just saying the number.
- Call a sequence of numbers - hence students will have to perform multiple actions.
- Remember the actions that correlate with the numbers are just examples. Be as creative as you want!
- Invite students in decision-making process around what action each number should correlate to.
- Teacher could say a maths equation and the answer correlates to one of the actions.