

ROLL A MOVE

GRADES: K-6

FORMATION: Standing in their own personal space

EQUIPMENT: 2 DICE

LEARNING OUTCOMES: Locomotor skills, REVIEW any outcomes

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

1. Write the numbers 1 to 6 on the board and next to each write an action or movement.
2. Choice a student to roll a dice.
3. The first dice represents what activity they will do; the second dice will be the number of times they do the activity.

Suggestions:

You could do this activity as a review for any outcome by having the students have to answer the question before they get chance to roll a move.

Sample Exercises-

Toe touches, Bicep Curls, Knee Lifts, Jumping Jacks, Sit Ups, Push Ups, Heel Jacks, Skipping, Knee Touches, Bicep Curls/Heel Jacks, Squats, Lunges, Shoulder Presses, Jumps to the Sky, Twist, Calf Raises, Run On The Spot, Kicks, Squat Jumps