



Dice Fitness

Purpose:

Engage the entire class through physical activity and fitness.

Equipment required:

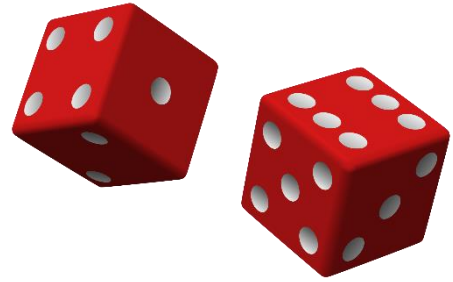
Dice, one between two. Six numbered activities on a laminated card or on a whiteboard for all to see. This activity can be done in the classroom or outside with larger space.

Procedure:

In pairs roll a dice. Check the exercise that matches the number on the dice. Start with 1 rep and build up with each roll of the dice.

Change the exercises to suit your lesson. Add a shuttle run or side gallop between each roll of the dice.

Example: 2nd roll is 2 reps, 3rd is 3 reps.



1. Burpees
 2. Lunges
 3. Squats
 4. Mountain Climbers
 5. Sit Ups
 6. Push Ups
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