



EXERCISE DICE - GRADES K-5

Needed Materials: one large dice

Instructions: This activity is to help students to get moving and healthy. Each number on the dice will represent an exercise (a total of 6 exercises). Roll the dice to determine which exercise will be done. Each exercise will receive the same amount of reps and sets so make sure they aren't too difficult or too easy to complete. For example, 2 sets of 5 reps is reasonable for kindergarteners and 1st graders.

Below is a list of exercise for each number on the dice. Try to roll the dice 3-6 times (depending upon student's endurance, abilities, and how many sets you choose) to get at least 10 to 20 minutes of exercise.

1= jumping jacks

2= run in place/ pump arms (if using a wheelchair)

3= squats (triceps extension (if using a wheelchair)

4= lateral arm circles

5= side ab crunches

6= calf raises/ bicep curls (if using a wheelchair)