

# Roll the Dice!



Students, grab a pair of dice and give them a roll to determine your task. Roll one of them first and look at the top row and go across to that number, then roll the second one and go down to that number. Whatever box you are in, do that task! Once you do an exercise cross that box out, keep rolling until you can cross out 6 boxes in a row (kind of like bingo).

First Roll > 2 <sup>nd</sup> Roll v	1	2	3	4	5	6
1	10 push-ups	Run in place for 30 seconds	Try the splits	March in place for 30 seconds	Balance on 1 leg	X out any other box
2	25 sit-ups	Give a high five to a family member	30 calf raises	100 jumping jacks	Balance on 1 leg with your eyes closed	Run up and down your stairs
3	30 second plank	X out any other box	25 mountain climbers	Take a break	Pick up an item and put it away	Tidy your bedroom for 1 minute
4	30 jumping jacks	30 second wall sit	Jump as high as you can 10 times	Give a compliment to a family member	45 second plank	30 body squats
5	Touch your toes for 30 seconds	5 push-ups	Jump as far as you can 10 times	Do a 30 second dance	Take 10 deep breaths	Touch your toes
6	20 arm circles forward	Drink a glass of water	1 minute wall sit	Pretend to jump rope for 30 seconds	Make up your own exercise	Circle one arm forwards and the other backwards

