

MR. CLARK'S



DICE FITNESS



Customer Tips

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Thank you for your purchase and let's make our students healthier one activity at a time!

HOW TO USE THIS PRODUCT

GIVE EACH TEAM A HULA HOOP, 1 DIE, AND ONE OF THE SAME OR DIFFERENT 12 SHEETS FOUND IN THIS PRODUCT. HAVE STUDENTS TAKE TURNS ROLLING THE DIE AND PERFORMING THE EXERCISES/CHALLENGES AS A GROUP ASSOCIATED WITH WHATEVER NUMBER IS ROLLED.

(ADD ADDITION, SUBTRACTION, DIVISION, AND MULTIPLICATION IN THROUGHOUT ACTIVITIES)

USE THESE DICE FITNESS SHEETS AS

PART OF:

INDIVIDUAL FITNESS

PARTNER CHALLENGES

SQUAD ROTATION WARM-UP

STATIONS

RELAY RACES

EXERCISE ASSESSMENTS

PE/MATH INTEGRATION

DICE CHARTS

1.OVERALL FITNESS 1

2.OVERALL FITNESS 2

3.OVERALL FITNESS 3

4.CARDIO FITNESS

5.UPPER BODY

6.LOWER BODY

7.PARTNER FITNESS

8.YOGA FITNESS

9.FUN CHALLENGES 1

10.FUN CHALLENGES 2

11.FUN CHALLENGES 3

12.STUDENTS CREATE YOUR OWN

(6 SHEETS)

Dice Time

Overall Fitness 1



Student take turn rolling the die and they will perform the exercise/ challenge as a group before passing it to the next player.

Number also represents exercise total! (Ex- 6 Jumping Jacks)

6= Jumping Jacks

5= Scissor Jumps

4= Star Jumps

3= Burpees

2= Squats

1= Choice of one listed above

Dice Time

Overall Fitness 2



Student take turn rolling the die and they will perform the exercise/ challenge as a group before passing it to the next player.

Number also represents exercise total! (Ex- 6 Mountain Climbers)

6= Mountain Climbers

5= Pike Jumps

(hands in front jump and touch knees to hands)

4= Ski Jumps

3= Show Hands Push-Ups

(lay on stomach, show palms, place down and lift self up)

2= Squat Jumps

1= Choice of one listed above

Dice Time

Overall Fitness 3



Student take turn rolling the die and they will perform the *exercise/* challenge as a group before passing it to the next player.

Number also represents exercise total! (Ex- 6 Knee to Elbow)

6= Alternating Knee to Elbow Crunch

5= Calf Raises

4= Soldier Salutes

(push-up position alternating salutes to head with hand)

3= Alternating Windmills

2= Burpees

1= Choice of one listed above

Dice Time

Cardio Fitness 3



Student take turn rolling the die and they will perform the exercise/ challenge as a group before passing it to the next player.

Number also represents exercise total! (Ex- 6 seconds run in Place)

6= Fast Run in Place (6 seconds)

5= Imaginary Jump Rope

4= High Knee Skips in Circle

3= Group Skipping in Circle

2= Group Galloping in Circle

1= Jogging Lap (same direction)

Dice Time

Upper Body Fitness



Student take turn rolling the die and they will perform the exercise/ challenge as a group before passing it to the next player.

Number also represents exercise total! (Ex- 6 Push-ups- show hands)

6= Push-Ups (show hands)

5= Wall Push-ups

4= Push-Up side Rotations

(while in push-up position lift right arm and right foot in air, switch to left)

3= Solider Salutes

(push-up position alternating salutes to head with hand)

2= Super Slow Push-ups

1= Choice of one listed above

Dice Time

Lower Body Fitness



Students take turns rolling the die and they will perform the exercise/challenge as a group before passing it to the next player.

Number also represents exercise total!

(Ex- 6 Calf Raises into star jumps)

6= Calf Raises into Star Jumps

5= Wall Squat (hold for 5 seconds)

4= Lunges (4 each side)

3= Scissor Jumps

2= Sumo Squat

(feet shoulder width apart, touch floor with both hands between feet)

1= Choice of one listed above

Dice Time

Partner Fitness



Students take turns rolling the die and they will perform the exercise/challenge as partners before passing it to the next player.

6= Jump Over-1 person in plank position, other partner jump over 6 times (Switch)

5= Push-up Face-Off-Partners face each other in push-up position and alternate high fives with hands

4= Crab Face-Off-Partners face each other in crab position and alternate high fives using feet

3= Crawl Under-1 person in crab position, other partner crawls under them 3 times (Switch)

2= Partner Pull-up- 1 person lays on back and partner stands over them. Player on back lifts self up while holding onto hands of standing partner (Switch)

1= Stand up-Partners lock arms and sit back to back and try to stand up without using hands

Dice Time

Yoga Fitness



Student take turn rolling the die and they will perform the exercise/
challenge as a group before passing it to the next player.

Number also represents exercise total!

(See pictures)

6= Cat/Cow Pose



5= Squat to Seated Chair



4= Downward Dogs



3= Warrior Position (each side)



2= Cobras



1= Standing Tree Pose



Dice Time

Fun Challenges 1



Student take turn rolling the die and they will perform the exercise/ challenge as a group before passing it to the next player.

Number also represents exercise total!

6= Group must shuffle in circle 3 times counter clockwise and 3 times clockwise in the same direction together

5= Group must perform 5 second Wall Squat together (hold for 5 seconds)

4= Group must sign a song about a vegetable that likes to exercise

3= Group must perform 3 imaginary sport movements or skills (Ex- hitting a baseball)

2= Group must 2 different walls in the gym

1= Group must start seated and stand together at the same exact time

Dice Time

Fun Challenges 2



Student take turn rolling the die and they will perform the exercise/ challenge as a group before passing it to the next player.

6= Person who rolled jumps over rest of team while in plank position 6 times each

5= Person who rolled must Push-up high 5 everyone in group

4= Person who rolls must name 4 fruits/vegetables

3= Person who rolls picks 3 different exercises for group to perform

2= Person who rolls come up with creative way for entire group to move around gym for 1 lap

1= Person who rolled is tagger. Every player tagged does 1 Burpee and returns to die

Dice Time

Fun Challenges 3



Student take turn rolling the die and they will perform the exercise/ challenge as a group before passing it to the next player.

6= Person who rolled must do 6 different exercises in under 10 seconds

5= Group must line up in tallest to shortest without talking

4= Group must make themselves into the number 4

3= Group must do 3 Burpees, 3 Jumping Jacks, and 3 Show hand Push-ups

2= Group must do 2 Laps

(1 walking fast and 1 jogging fast)

1= Each player must do a different exercise than their group mates (Ex- Only 1 person can do jumping jacks)

Dice Time

Create your Own



Student take turn rolling the die and they will perform the exercise/
challenge as a group before passing it to the next player.

Number also represents exercise total!

(Ex- _____)

6=

5=

4=

3=

2=

1=

Dice Time

Create your Own



Student take turn rolling the die and they will perform the exercise/
challenge as a group before passing it to the next player.

Number also represents exercise total!

(Ex- _____)

6=

5=

4=

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2=

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2=

1=