# MR. CLARK'S



# DICE FITNESS

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# HOW TO USE THIS PRODUCT

GIVE EACH TEAM & 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



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 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

#### **Partner Fitness**



Student take turn 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

# 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

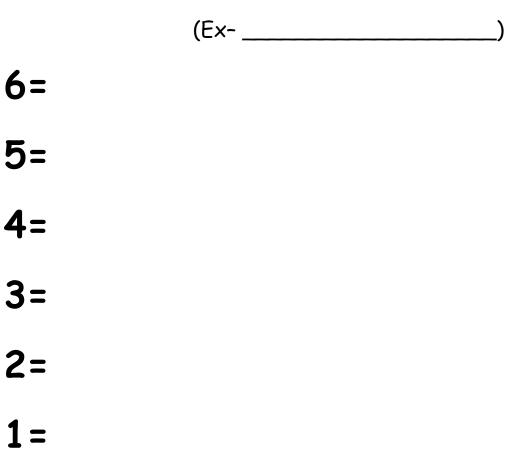
(1 walking fast and 1 jogging fast)

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

## Create your Own



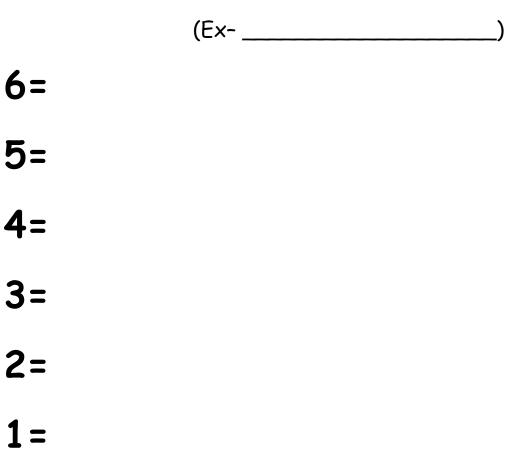
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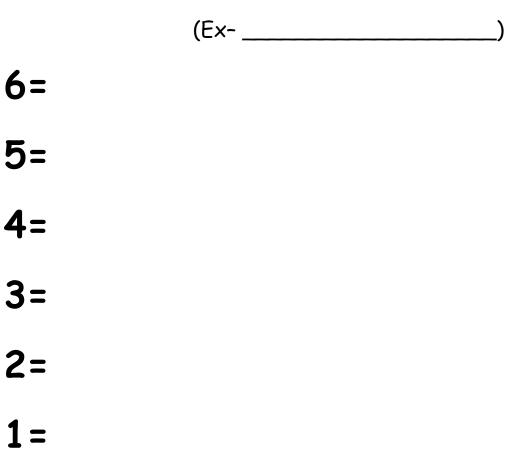
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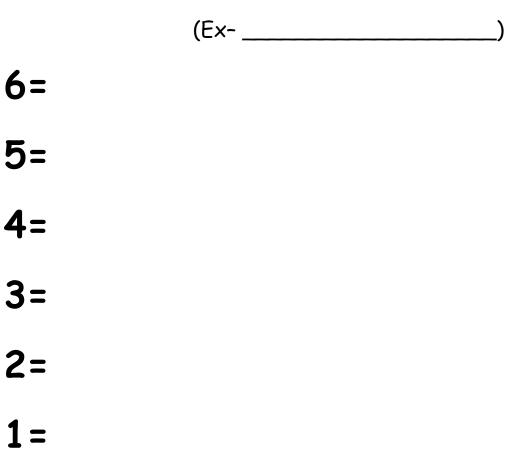
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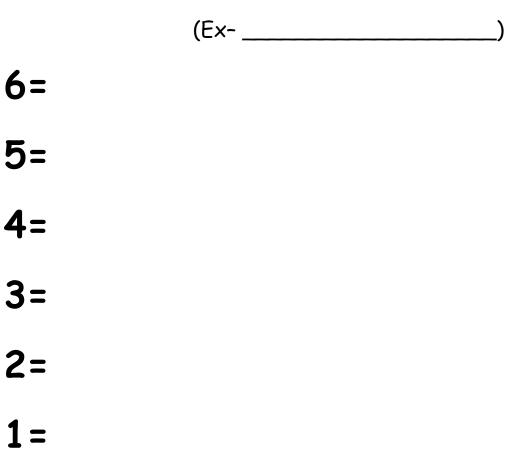
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