











FITNESS DICE ACTIVITY

ELEMENTARY PHYSICAL EDUCATION: GRADES PK-5TH

Directions: Start by rolling two dice. Count the numbered spots on the dice and complete the activity listed below. Roll the dice **AGAIN** to determine how many times you need to perform the activity. Strips of paper numbered 2-12 can also be used. Play fitness dice with family and friends for 15 minutes each day.

2	Sit-Ups	
3	Jumping Jacks	
4	Arm Circles	
5	Push-Ups	
6	Squats	
7	Balance On 1 Leg	
8	Plank Holds	
9	Jog In Place	
10	Frog Jumps	
11	Crab Walk	
12	Toe Touches	