

# Desk Dice



Students stand and move on the spot. Teacher calls out an action and one student rolls the dice. Students remain in their spot and perform the corresponding number of repetitions of the selected fitness activity. Once completed students continue moving on the spot. Quickly pass dice so class is continuously moving and many students get a chance to roll the dice.

- Star jumps
- Stride jumps
- Jumping jacks
- Alternate leg jumps

**Variations:** Students get to call out an activity on their roll of the dice. Create dice with actions on them so two sets of dice are rolled to get the number of repetitions and the activity.

## CURRICULUM LINKS:



**Mathematics: Data Management and Probability**

**Grade 4:** Predict the frequency of an outcome in a simple probability experiment, conduct the experiment, and compare the results



**Health and Physical Education: Active Participation**

**Grades 4/5/6:** Improve personal fitness levels by participating in vigorous physical activities for sustained periods (10-15 minutes)



**EQUIPMENT:** Set of Dice. CD player, DPA CD  
CD Tracks # 7, 8, 13