

<h2>Fitness Roll</h2>	<h3>Time</h3> <p>20 minutes</p>	<h3>Facility</h3> <table border="0"> <tr> <td><input type="checkbox"/> Classroom</td> <td><input checked="" type="checkbox"/> Multipurpose</td> </tr> <tr> <td><input checked="" type="checkbox"/> Gymnasium</td> <td><input checked="" type="checkbox"/> Outdoors</td> </tr> </table>		<input type="checkbox"/> Classroom	<input checked="" type="checkbox"/> Multipurpose	<input checked="" type="checkbox"/> Gymnasium	<input checked="" type="checkbox"/> Outdoors								
<input type="checkbox"/> Classroom	<input checked="" type="checkbox"/> Multipurpose														
<input checked="" type="checkbox"/> Gymnasium	<input checked="" type="checkbox"/> Outdoors														
<h3>Equipment</h3> <p>15 sets of dice, scrap paper, audio equipment (optional),</p>		<h3>Physical Activity Level</h3> <table border="0"> <tr> <td><input checked="" type="checkbox"/> Moderate</td> <td><input checked="" type="checkbox"/> Vigorous</td> </tr> </table>		<input checked="" type="checkbox"/> Moderate	<input checked="" type="checkbox"/> Vigorous										
<input checked="" type="checkbox"/> Moderate	<input checked="" type="checkbox"/> Vigorous														
<h3>Safety</h3> <ul style="list-style-type: none"> ● Remind students to be cautious when moving and to be aware of the personal space of others. ● If the activity is taking place in the classroom, ensure that there is adequate room for students to stretch and move safely. 															
<h3>Warm-up</h3> <ul style="list-style-type: none"> ● Give each student two pieces of paper. Have students place the paper on the floor and place one foot firmly on each sheet. Challenge students to move or “skate” around the activity area, using different forms and directions, gradually increasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <h3>Activity: Fitness Roll</h3> <ul style="list-style-type: none"> ● Have students work in groups of 2–3. Give each group a pair of dice and designate a safe area within the activity area for each group. ● Start the music. Each student in a group rolls one die. The student(s) who roll the highest number(s) jog around the outside of the activity area twice. The student who rolls the lowest number does an activity designated by the total of the two dice until the first student returns. If two students in one group roll the same number, they must both roll again. Activities may include: <table border="0" style="width: 100%;"> <tr> <td><input type="radio"/> 2 – jumping jacks</td> <td><input type="radio"/> 8 – stride jumps</td> </tr> <tr> <td><input type="radio"/> 3 – sit-ups</td> <td><input type="radio"/> 9 – marching on the spot</td> </tr> <tr> <td><input type="radio"/> 4 – wall push-ups</td> <td><input type="radio"/> 10 – wall jumps</td> </tr> <tr> <td><input type="radio"/> 5 – tuck jumps</td> <td><input type="radio"/> 11 – floor push-ups</td> </tr> <tr> <td><input type="radio"/> 6 – line jumps</td> <td><input type="radio"/> 12 – running on the spot</td> </tr> <tr> <td><input type="radio"/> 7 – alternate heel touches</td> <td></td> </tr> </table> <h3>Cool-down</h3> <ul style="list-style-type: none"> ● Have students take two pieces of paper, place the paper on the floor, and place one foot firmly on each sheet. Have students move or “skate” around the activity area, slowly decreasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 				<input type="radio"/> 2 – jumping jacks	<input type="radio"/> 8 – stride jumps	<input type="radio"/> 3 – sit-ups	<input type="radio"/> 9 – marching on the spot	<input type="radio"/> 4 – wall push-ups	<input type="radio"/> 10 – wall jumps	<input type="radio"/> 5 – tuck jumps	<input type="radio"/> 11 – floor push-ups	<input type="radio"/> 6 – line jumps	<input type="radio"/> 12 – running on the spot	<input type="radio"/> 7 – alternate heel touches	
<input type="radio"/> 2 – jumping jacks	<input type="radio"/> 8 – stride jumps														
<input type="radio"/> 3 – sit-ups	<input type="radio"/> 9 – marching on the spot														
<input type="radio"/> 4 – wall push-ups	<input type="radio"/> 10 – wall jumps														
<input type="radio"/> 5 – tuck jumps	<input type="radio"/> 11 – floor push-ups														
<input type="radio"/> 6 – line jumps	<input type="radio"/> 12 – running on the spot														
<input type="radio"/> 7 – alternate heel touches															
<h3>Variations</h3> <ul style="list-style-type: none"> ● Have students make up their own list of activities. 															
<h3>Notes for Teachers</h3> <ul style="list-style-type: none"> ● Post the list of activities around the activity area. ● Discuss with students the importance of setting personal goals related to being physically active. 		<h3>Planning Notes and Reflection</h3>													