



Dice Exercise Game

Games | Exercise

ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

This activity can be enjoyed with family and friends. It encourages socializing and fitness. It is an opportunity to experience all aspects of physical fitness—muscular strength, and muscular endurance. This activity can be adaptable to any setting, it can easily be modified.

TIME

30 minutes.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Markers
- 8.5" x 11" Paper
- 1 Die

INSTRUCTIONS

Include any instructions needed:

1. Use markers to write down what each side of the die represents (e.g. 1 = run in place for 20 seconds)
2. Start with a warm-up of your choice to get your muscles warmed up, and loose.
3. Begin rolling the die and exercising!

RESOURCES

- <https://heyletsmakestuff.com/dice-exercise-game-kids/>
- homeschoolhere.com
- Example dice board:



10 Squats

5 Push Ups

10 Toe Touches

5 High Jumps

10 Arm Circles



ame

SUPPORTS NEEDED

OTHER THINGS TO NOTE

Dress in comfortable, active attire.