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Curriculum: Physical and Health Education	Learning Goals: -Student will demonstrate proper technique for fundamental movement skills (e.g. balancing, bending, jumping)
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Materials
- Six-sided dice - An object to use as a game marker

Activities
Rules to Play! <ul style="list-style-type: none">- Roll the dice- Move that number of spaces- Follow the written directions if you land on a spot- Celebrate when you reach the finish line! Extension: Can be played with more than one player. Use different markers for each person playing.

FINISH!!	Long Jump! Jump as far forward as you can, then move one extra space.		Move It or Lose It!
			Oh No! You're out of breath, lose a turn.
Boat Pose 8 seconds 	Jump side to side as you count to 30	Touch your Head, Shoulder, Knees and Toes, 9 times	
	Do 10 squats		
Your laces are untied! Go back to start.		Superman 8 seconds 	
Crab walk while you sing the whole alphabet song.	Count to 30 while you run in place	You had a great warmup, move ahead 3 spaces.	
			
	Oh No! You stopped to watch TV. Go Back	Warm up 10 Jumping Jacks	
You're full of energy! Do 10 star jumps then take another turn!		Balance on one leg for 15 seconds, switch legs and repeat.	
			START!!