**Physical and Health Education – Movement Dice Grade 1**

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| **Curriculum:** Physical and Health EducationMathematics | **Learning Goals:** -Student will demonstrate proper technique for fundamental movement skills (e.g. balancing, bending, jumping)-Model mathematics in contextualized experiences |

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| **Materials** |
| -Six-sided dice or use this site: <https://rolladie.net/> |

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| **Activities** |
| Roll your dice.

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|  | **Jumping Jacks** |
|  | **Squat (bend both knees)** |
|  | **Balance on one foot** |
|  | **Run on the spot** |
|  | **Star Jumps** |
|  | **Hop on one foot** |

Look at the table to see what movement you will have to do. Roll the dice again to see how many seconds to hold the movement or how many times you must repeat the movement. |