







Physical and Health Education – Movement Dice Kindergarten

<p>Curriculum: Physical and Health Education Mathematics</p>	<p>Learning Goals: -Student will demonstrate proper technique for fundamental movement skills (e.g. balancing, bending, jumping) -Model mathematics in contextualized experiences</p>
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<p>Materials</p> <p>-Six-sided dice or use this site: https://rolladie.net/</p>
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Activities		
<p>Roll your dice.</p> <p>Look at the table to see what movement you will have to do.</p> <p>Roll the dice again to see how many seconds to hold the movement or how many times you must repeat the movement.</p>		<p>Jump up and down</p>
		<p>Twist</p>
		<p>Balance on one foot</p>
		<p>Squat (bend both knees)</p>
		<p>Hop on one foot</p>
		<p>Run on the spot</p>