

Physical Health and Education – Workout Dice

Curriculum: Physical and Health Education	Learning Goals: -Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments. -Participate in daily physical activity at moderate to vigorous intensity levels.
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Materials

- Book: The Busy Body Book by: Lizzy Rockwell
<https://www.youtube.com/watch?v=5kNKDdTfvdE>
- Paper
- Scissors
- Glue or tape
- Safe space for exercises

Activities

Focus: Move your Body!



- Listen to [The Busy Body Book by: Lizzy Rockwell](#)
- Say: Doing a variety of activities will improve your health and well-being!
- You are going to create a dice with a variety of exercises on each side.
- Use the attached template or create your own template
- Pick six activities to write/draw on each side of your dice. Grown-up may need to help label the activities the student draws on the dice. Pick from the examples below or pick your own activities.
 - Dancing, jump rope, pencil jump, tuck jumps, jumping jacks, jog on the spot, push-ups, sit ups, lunges, squats, galloping, skipping, running
- Cut along the yellow line and assemble cube with glue or tape.
- Roll your workout dice. Do the workout it lands on. Do 5-20 repetitions for each activity you roll.

Extension:

It is essential to our well-being to have enough physical activity, sleep, and down time each day. Visit the [Build Your Best Day](#) website to create a schedule for your dream day!

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