

Physical Health and Education – Workout Dice

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| Curriculum: Physical and Health Education | Learning Goals: -Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments. -Develop and apply a variety of movement concepts and strategies in different physical activities. |
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Materials

- Paper
- Scissors
- Glue or tape
- Safe space for exercises

Activities

Focus: Move your Body!



-Visit and read these two webpages:

<https://kidshealth.org/en/kids/fit-kid.html?WT.ac=ctg#catfit>

<https://kidshealth.org/en/kids/work-it-out.html?WT.ac=ctg#catfit>

-A combination of aerobic and strengthening activities will improve your health and well-being!

-You are going to create a dice with aerobic or strengthening activities on each side.

-Use the attached template or create your own template.

-Pick three moderate or vigorous aerobic activities and three strengthening activities to write/draw on your dice. Pick from the examples below or pick your own activities.

Moderate and vigorous aerobic activities strengthen your heart and lungs (e.g.

dancing, jump rope, tuck jumps, mountain climbers, jumping jacks, jog on the spot)

Strengthening activities strengthen your muscles (e.g. push-ups, sit ups, lunges, squats, plank)

-Cut out and assemble cube. Roll your workout dice. Do the workout it lands on.

-You will pick the amount of repetitions you do for each activity. Keep in mind that the goal is to have your heart rate to elevate while doing aerobic exercises – you will need to do a larger number of repetitions for these. Suggestions: Do 5-15 repetitions for strengthening activities. Do 20-30 repetitions for the aerobic activities.

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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