


## Physical Health and Education – Workout Dice

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Develop and apply a variety of 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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<b>Materials</b>
-Paper -Scissors -Glue or tape -Safe space for exercises

<b>Activities</b>
<b>Focus: Move your Body!</b>

-Visit and read these two webpages: <a href="https://kidshealth.org/en/kids/fit-kid.html?WT.ac=ctg#catfit">https://kidshealth.org/en/kids/fit-kid.html?WT.ac=ctg#catfit</a> <a href="https://kidshealth.org/en/kids/work-it-out.html?WT.ac=ctg#catfit">https://kidshealth.org/en/kids/work-it-out.html?WT.ac=ctg#catfit</a> -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. <ul style="list-style-type: none"><li>- <b>Moderate and vigorous aerobic activities</b> strengthen your heart and lungs (e.g. dancing, jump rope, tuck jumps, jumping jacks, jog on the spot)</li><li>- <b>Strengthening activities</b> strengthen your muscles (e.g. push-ups, sit ups, lunges, squats, plank)</li></ul> -Cut out and assemble cube. -Roll your workout dice. Do the workout it lands on. Do 5-15 repetitions for strengthening activities. Do 20-30 repetitions for the aerobic activities.
<b>Extension:</b> It is essential to our well-being to have enough physical activity, sleep, and down time each day. Visit this website to see further facts. <a href="https://participation.cdn.prismic.io/participation%2F7eaa487a-823f-h4cf5-89aa-bdf9dc3035f8_participation-24hour-guidelines-children-youth-5-17-educators_fact_sheet_en.pdf">https://participation.cdn.prismic.io/participation%2F7eaa487a-823f-h4cf5-89aa-bdf9dc3035f8_participation-24hour-guidelines-children-youth-5-17-educators_fact_sheet_en.pdf</a> Visit the <a href="#">Build Your Best Day</a> website to create a schedule for your dream day!

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