

Ms. LaChance

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Grade: K

Lesson Title: Dice Fitness

NYS Learning Standard: 1 and 2

**Warm Up and Cool Down:** Perform each activity 3 times to warm up, and 3 times at the end of the lesson for a cool down. If you don't have a dice, write number 1-6 on a piece of paper. Put the numbers in a bowl and pick.

# CARDIO

**Knee to Elbow**

**Bounce**

**Jump and Twist**

**Flutter Kick**

**Skier Jump**

**Jumping Jacks**

**REPS/TIME**  
4 DICE ROLL

Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

**2**  **DICE**

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**Lesson:** If you don't have any dice, write numbers 1-6 on a sheet of paper. Fold the papers up and put them in a bowl. Follow the direction below. Perform this 20 times.

# ENDURANCE

**Mountain Climbers**

**Squat Jumps**

**Tuck Jumps**

**Leg Lifts**

**Burpees**

**Calf Raises**

REPS/TIME  
4 DICE  
ROLL

Roll 1 die and perform the endurance movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

**3**  **DICE**

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