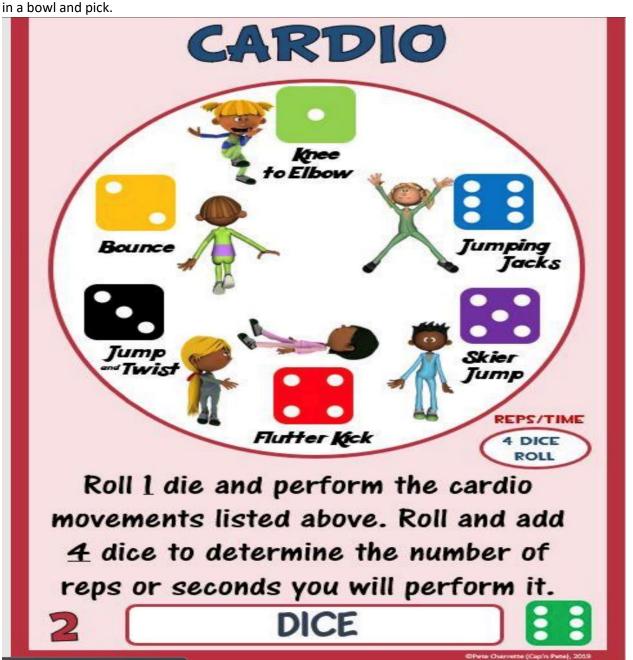
Ms. LaChance

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Grade: K

Lesson Title: Dice Fitness
NYS Learning Standard: 1 and 2

<u>Warm Up and Cool Down:</u> 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.



**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.

