

# Movement Dice



**Cardio Booster**



**5 -7 minutes**



## Instructions

This activity requires minimal space. Print and create your own movement dice with your class. Whatever exercise it lands on ask your pupils to copy it, see our activity sheet for more information. You can roll the dice as many times as you like depending on how much time you have for this active break.

## Health & Safety

- Ensure ground is clear before taking part in any activity
- Remind pupils of their own spatial awareness
- Give clear instructions

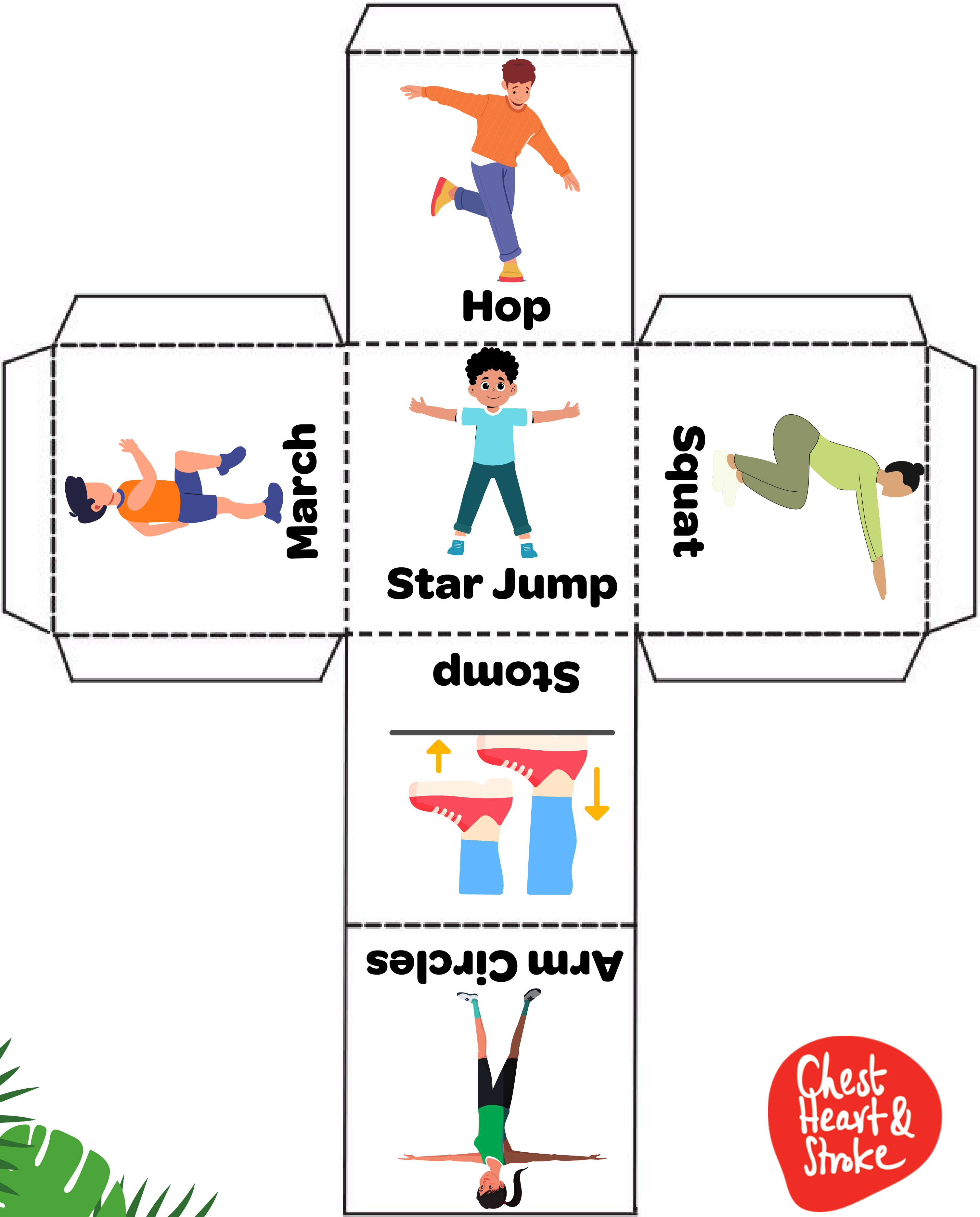


## Teacher Tips

See activity sheet for examples. Make sure to encourage your pupils as they take part in this activity break.



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## Instructions

When the dice lands on an exercise ask your pupils to copy along with the following:

- Arm Circles : for 30s make small arm circles changing half way
- Stomp: for 40s stomp your feet
- March: for 30s march on the spot with arms too
- Squat: 10 times
- Star Jumps: touch the floor 10 times and make a star
- Hop: for 30s hop on the spot change feet half way

