

# JUMPING DICE!



## How to play?

- Play with a partner, take it in turns to roll a dice.
- Look at the number and then complete the correct jumping exercises.

Roll a 1 – perform 20 star jumps

Roll a 2 – perform 20 tuck jumps

Roll a 3 – perform 20 pencil jumps

Roll a 4 – perform 20 jumps with  $\frac{1}{2}$  turn

Roll a 5 – perform 20 jumps with a full turn

Roll a 6 – perform 20 squat jumps

**The first player to complete all of the activities above is the winner!**

### TOP TIP!

#### *Pace Yourself*

Take your time when performing the exercises, as you may need to perform some of the more than once.

### REFLECTION

*What happened to your body (heart) after completing an exercise?*

*What helped you to keep working hard and not give up?*