



Dice Exercise Game

You will need a pair of dice, preferably each a different color and some space to move. Write in large letters on a piece of paper the following:

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|-------------------|-----------------|
| 1 = Jumping Jacks | 2 = Supermans |
| 3 = T-rocks | 4 = Front Lunge |
| 5 = Zombie kicks | 6 = Star Jumps |

Start with some slow jogging in place for two minutes, or put on some music and move to the music, not too fast, this is your warm-up!

After your warm-up is done, roll one die, whatever number you roll look at your paper and see what exercise you will be doing. For example, if you roll a #1 you will be doing Jumping Jacks.

Roll the second die and add that to the number of the first die for how many of that exercise you will do. In the same example, if you roll a 5 you add $1 + 5 = 6$, so you would do 6 jumping jacks.

Continue rolling the first die for the activity and the second die to add to the first for the number of repetitions. Continue playing for 10 minutes or longer!



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