MOVE MORE DICE GAME

MATERIALS:
- Dice
- Space for movement
- Stopwatch

HOW TO PLAY:
- Roll the dice.
- Complete the movement connected with the number for 30 seconds.
- If you are playing with more than one dice, add up the total number shown.

ACTIVITY:
1 - RUN IN PLACE
2 - FROG JUMPS
3 - JUMPING JACKS
4 - HIGH KNEES
5 - TOUCH YOUR TOES
6 - ARM CIRCLES
7 - SQUATS
8 - WALK IN PLACE
9 - SINGLE LEG BALANCE
10 - AIR GUITAR
11 - HOP
12 - LEG LIFTS