

Jumping Dice

Home Physical Education

How to play:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled 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 a ½ 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 listed above is the winner.



Top Tips

Pace yourself

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

Let's Reflect

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

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

Can you encourage others to keep going?

Can you keep trying even if you feel tired?

If you don't have a dice or a printer to do these challenges why not make your own dice by using the other challenge worksheet as a template to draw, cut and make your own. 😊

Safety: Please remember to play this game with enough space. Play this game bare foot or with trainers. Do not just wear socks as you need good grip on the floor to perform the actions safely.

Send in your videos via DB primary if you have permission **(Cuckoo & Woodpecker Only)**.

Please use the link below to add your scores so your school can earn 1 point towards their weekly total.

Link to upload you score:

<https://forms.office.com/Pages/ResponsePage.aspx?id=8s7OUK5HRkuSEBxYcxuvSA6t29JoT Z9ErrFP1cUScd5UOVZETk1RVloyMzBZVTM5VzJaSjFVSVdYVY4u>