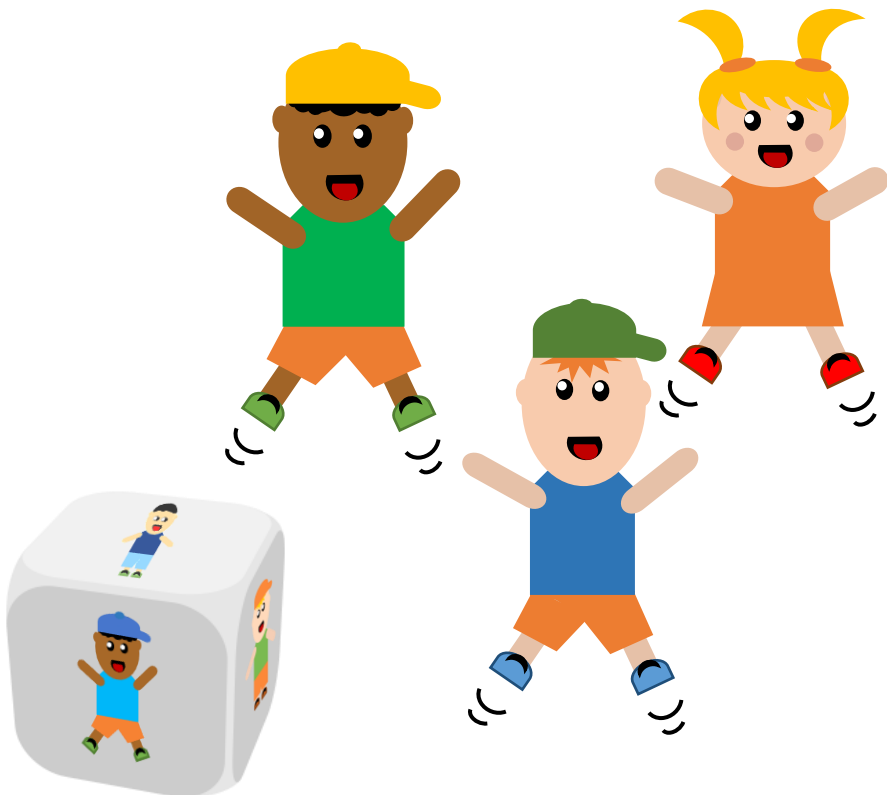




# ACTIVITY DICE



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## Objective

The children carry out various high-intensity gross motor exercises by rolling a dice with the movements they shall complete.

## Equipment

Dice with pictures of exercises (a cardboard box or wooden block with pictures can also be used)

Dice with numbers (if relevant)

## Instructions

1. One child throws the dice.
2. The picture on the dice shows the exercise the children shall complete. Examples are: Star jumping, hopping, running (the adult tells them where to run and back), dancing, twirling around, high knee lifts.

## Variation

- As a variation, you can create a running dice. The dice then shows six different places in the preschool where the children can run to. Alternatively, leave the dice somewhere and the children can run back to the dice or take the dice with them and run from place to place.
- Another variation is to throw a dice with dots indicating how many times the exercise on the other dice must be completed.