

## ***Fitness Dice Activity Ideas***

This Fitness Dice Poster can be used as a physical activity. It focuses on the three components of fitness (cardiovascular endurance, muscular strength and flexibility).

Equipment Needed: Fitness Dice Poster, Dice (6-8), open activity area

### **Activity Description:**

Place the Fitness Dice Poster in an area where all participants can see the activities. Prior to participating, show the group how to complete each activity listed on the poster.

**Airplane Balance** – Start by balancing on one foot, bend at the waist and lean forward with arms extended to the side.

**Hit the Deck** – Start from standing and drop to the floor on your stomach as fast as you can and get back up again

**Superman Banana** – Start lying on your stomach with arms and legs off the ground (Superman position). Engage your core muscles and rotate onto your back without letting your arms and legs touch the ground (Banana position).

**Rag Doll** – Start from standing, forward bend at the waist with a slight bend in the knees. Pretend that you are a rag doll with head, arms and hands relaxed.

**Star Jump** – Begin with feet together with hands by your side. Jump up and explode into the air, making a star position (hands and feet reaching out as wide as possible).

**Floor Jack** – Begin in a plank pose (the “up” position in a push-up). While maintaining this position, tap one foot to the right, return to center, then tap one foot to the left and return to center OR jump both feet out on the floor at the same time and return feet to center.

### **Dice Routine**

Invite participants to form a large circle and have them pass 5-6 dice across the circle to one another. Continue until the music stops or until the instructor calls ‘thumbs down’. The participants who are holding the dice look at the number under their thumb and then refer to the Fitness Dice poster to see the corresponding activity. Starting with one participant, the entire group then completes the activity and works their way around the circle to the others holding onto the dice to complete the Dice Routine!

### **Movement and Roll**

Participants move freely in an open area while holding a die. Choose different types of locomotion – walking, running, hopping, jumping, galloping, etc. On the instructor's command “roll”, participants come to a safe stop, roll their dice and do the corresponding Fitness Dice poster activity. Participants retrieve their die and continue in the locomotion chosen by the instructor.

### **Rock Paper Scissors Fitness**

Place 5-6 foam dice underneath the poster. Invite participants to move throughout the activity area using different types of locomotion – walking, hopping, galloping, skipping, etc. Once greeted by another participant, they challenge each other to a game of rock, paper, scissors (review the rules as needed). The pair will travel to the poster together. The participant who wins, rolls the die and they both perform the activity on the poster that corresponds with the number rolled; e.g., participant rolls a 2 and they both complete the second activity listed on the poster. For larger groups, put up a poster on each wall.

### **Circuit Stations**

Use the Fitness Dice poster activities individually as the base for circuit stations. Have a die at each station and invite participants to roll, determining the time and/or repetitions for the activity.