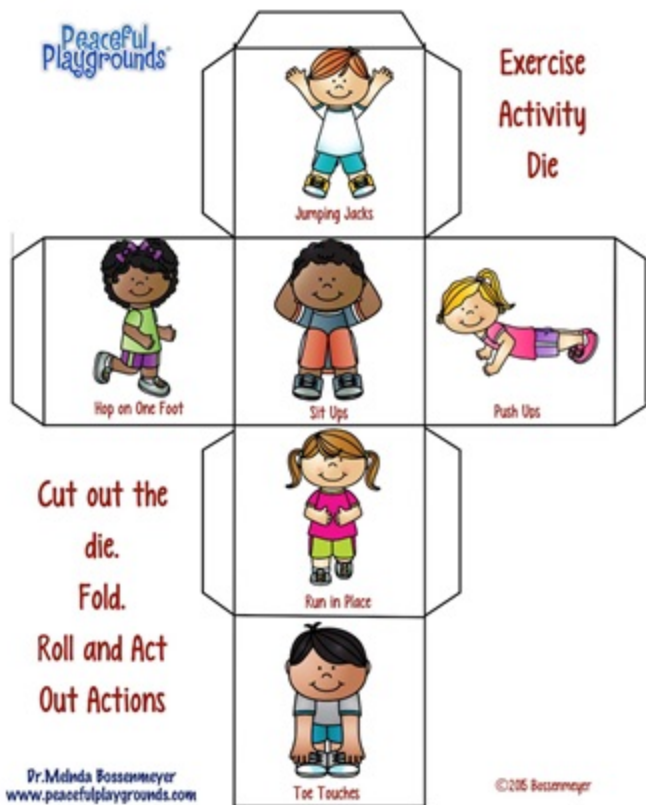


Exercise Dice



Peaceful
Playgrounds



Cut out the
die.

Fold.

Roll and Act
Out Actions

Dr. Melinda Bossemmeyer
www.peacefulplaygrounds.com

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EXERCISE

DR. MELINDA BOSSEMEYER



Exercise Activity Die



Jumping Jacks



Hop on One Foot



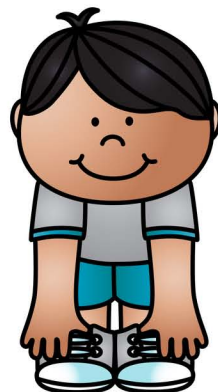
Sit Ups



Push Ups



Run in Place



Toe Touches

Cut out the
die.
Fold.

Roll and Act
Out Actions

Number Die

2

3

Text

4

5

6

Directions

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Thank you for your purchase!

Please note. The exercise dice are to be used together. The number die tells how many repetitions to do the exercise. The exercise die tells you which exercise to do.

Students roll the dice and determine the exercise and number of repetitions for each exercise.

1. Jumping Jacks, 2. Hopping, 3. Sit-ups, 4. Push ups, 5. Jogging and 6. Toe Touches.

This is a simple indoor or outdoor activity. Students can make the dice first and then use them later for a variety of exercises.

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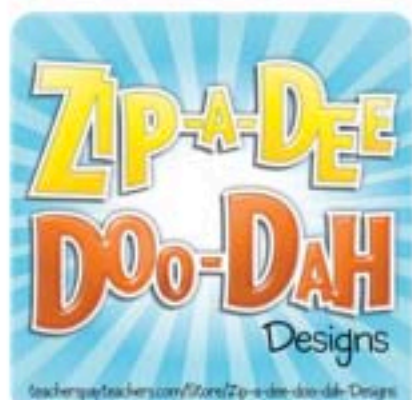


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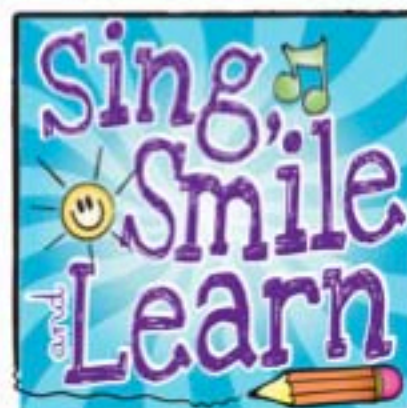
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