

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Roll the Dice Workout	
Submitted by	Monique Guidry
National Standard(s)	Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Grade Level Outcome or Performance Indicator	Applies rates of perceived exertion and pacing.32 (S3.H3.L2)
Activity Objective	Students perform different activities and apply rates of perceived exertion.
Grade(s)	High School
Materials	<ul style="list-style-type: none"> • One die (dice). You can use a regular die or make a large one out of foam. • Prepare note cards of five different colors • Mini hurdles? • Jump ropes? • Ladder or you could use the hash marks on a football field
Activity Description	
<ul style="list-style-type: none"> • You are going to do a workout today, where each person will have a turn to pick a card and roll the die. Whatever number is rolled will lead to the total number of repetitions of the activity. • Pick the card first, and read aloud, then roll the dice. • We will start with cards from the warm-up (4-6), then we will go through a sequence of abdominal work, agility/balance, then strength, repeat. • Teacher holds each stack of cards much like a deck of cards and lets the student pick one. • Have students share the rate of perceived exertion. <p>Warm-up – Yellow cards</p> <ul style="list-style-type: none"> • Walking on heels x 5 seconds • Spiderman x 3 (Start in high plank, step the right foot outside the right hand, then drag forward with the other hands walking forward and left foot dragging until high plank. Do again, stepping left foot outside left hand... • Walking on toes x 5 seconds • Jump rope x 1 minute • Skipping x 5 seconds • Jog x 1 minute 	

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- **Leg swings x 4 (each leg)**
- **Inchworm x 3 (Slide down the legs, bending knees until the hands touch the floor, walk the hands forward to high plank, leave hands there, and walk straight legs back to hands, repeat)**
- **Straight leg run x 10**

Abdominal work – Green cards

- **Lateral plank walk x 3 each way**
- **Planting flowers/Russian twist – (sit and lift feet off ground, while touching down outside hip with both hands, alternating sides)**
- **Plank x 5 seconds**
- **Rotary torso x 5 (Sit with feet up, hands in praying position, and rotate each way)**
- **Bicycle crunch x 6**
- **Cross over crunch x 5 (Lay on back, cross foot over knee, then opposite elbow touches knee)**
- **Edward scissor butt x 5 (Sit on butt, feet up, clap hands between legs each times the legs cross in a scissor motion)**
- **Vertical leg crunches x 5 (Lay on back, bring the legs to ceiling/sky, then bring the shoulder blades up to do crunches)**
- **Upright plank with a twist x 5 (High plank, with feet at shoulder width, open up one arm, outstretched to the sky, looking at that hand, then return and rotate the other way)**
- **Sumo box x 10 (Stand in a low squat, with feet in wide square stance, doing a punching motion across the body)**

Agility/Balance – Blue Cards

- **Scissor legs sideline down a ladder (2 total travels, with right leg lead down, and left leg lead back)**
- **Single leg floor touch x 4 each leg (Stay on one leg the entire time, with the hand touching the ground, then coming up to the sky without opposite foot touching down)**
- **One foot in each square through the ladder x 2 (high knee sprint)**
- **Skip over mini hurdles x 2**
- **Hop with one foot in each square down a ladder x 1 (switch legs ½ of the way down)**
- **Two feet in each square through a ladder x 1**
- **Jumping jacks x 5**
- **High knee run over the hurdles x 2**
- **Fast feet in place x 10**
- **Skier jumps, double leg x 5 (side to side over a line)**
- **5 yard shuttle run x 1 (run forward, backpedal return, slide forward, run return)**
- **Skier jumps, single leg x 5**

Strength – Purple Cards

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- **Side steps in an athletic position x 3 each direction (stay low, knees bend, slight forward bend at waist, chest and eyes up, DO NOT STAND UP)**
- **Push-ups with one leg up x 2**
- **Buttblasters x 5 (Start in table top position, lift the back leg up, maintaining the knee bend, as if lifting the roof with the bottom of the foot)**
- **Fire hydrants x 5 (Start in table top, but lateral leg lift, working the outside of the hip)**
- **Standing squats x 3**
- **180 degree jumps x 2 (load position, jump, soft/soundless landing)**
- **Walking lunges x 2**
- **Falling push-up x 3 (Start on knees and drop to floor, catch and push back upright)**
- **Squat jumps x 2 (No turn, but totally silent)**
- **90 degree jumps x 2**
- **Standing calf raises x 5 each leg**
- **Glute bridge with one leg extended x 5 seconds each leg**
- **Side lunges x 2 (each side)**

Cool-down – White cards

- **Slow jog x 20 seconds**
- **Elbow up stretch x 5 seconds**
- **Arm across stretch x 5 seconds**
- **Quad stretch x 5 seconds**
- **Hamstring stretch x 5 seconds**
- **Calf stretch x 5 seconds**
- **Shake out skip x 5 yards**
- **Downward dog x 10 seconds**

Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.