

Exercise By Dice

For this activity you will need:

- A pen and paper
- Dice
- Your imagination
- Energy!



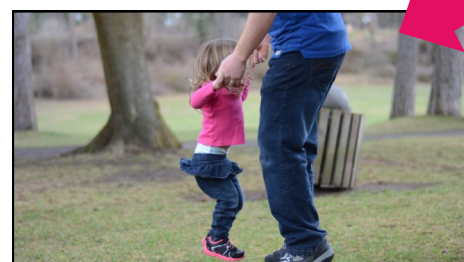
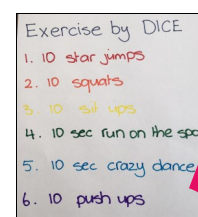
What is the learning in this activity?

Ages: 2+

Purpose: Supporting physical movement, body awareness and interactions which promote health and wellbeing.

Let's play!

1. Together brainstorm a number of different exercise movements.. such as star jumps, toe touches, jumping, spinning around, stretches etc. Be creative and have fun exploring the different movements we can make with our bodies.
2. Choose six exercises and number these from 1 to 6 on your page.
3. Head outside and get started! Roll the dice and whatever number appears is the exercise everyone does.
4. Take turns rolling the dice and continue until you are all puffed out!



Let's talk..

Qs - Can you feel your heart beating harder? Talk about why it's important for our bodies to move, eat nourishing food, drink water and be outside in the fresh air.

Extension - Instead of exercises you could make a list of six animal movements! If you have older children you could add another dice and include more movements, extend the times to 30 reps or 30 seconds, or combine movements together to make the challenge more difficult.

We'd love to see your creations and home based play.

Share with us at: @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au