



## Count My Moves

Pre-K Standards:

Cognitive/Math: 1.PK.3b

Language/ Listening: 7.PK.1a

Physical Development: 1.PK.1, 2.PK.1, 4PK2.1, 5PK.1, 4.PK.2



### **Instructions:**

1. Roll a die.
2. Pick a movement, i.e. push-ups, heel step, tip toes, squat, crunch, jump, hop, spin, etc.
3. Do the movement as many times as the number shown on the die.
4. Take turns.

### **Skills:**

- Moderate to vigorous physical activity
- Light cardio
- Light muscle strengthening
- Balance

### **Variation:**

Create a die with movements on each side that can be rolled to determine which movement you do. Another option is to create a spinner or printed cards with movements to choose from.