



Roll of the Dice Cardio

Materials Needed:

- **2 large foam dice-purchase or make your own (one of the dice could be multi-sided, i.e. 26-sided dice, for more cardio activities)**
 - **Option: instead of dice, use cardstock paper and have participants take turns choosing an activity card and a repetition card from a face-down pile**



Set up:

- Write different numbers of repetitions on each side of one of the dice/cardstock
- Write different physical activities on each side of the other dice/cardstock
 - Examples might include:
 - Jumping jacks
 - Burpees
 - Knee lifts
 - Arm circles
 - Toe raises
 - Butt kicks
 - Squat jumps
 - Lateral shuffle

Instructions:

- Gather participants in a circle
- Take turns throwing the numbered dice and the activity dice
- Perform the activity written on the dice. Use the numbered dice to determine how many times that activity will be done
- Repeat until all activities have been done at least once