

ACTION DICE

Goals: Children will move their bodies in different ways according to a set of “action dice.”

Fundamental Movement: Stability or Locomotor—depending on movements chosen for action dice—stretching, jumping, marching, etc.

Materials:

- Carpet square, floor spots, or hula hoops
- Smart Moves 2 CD Track #17: “Build a Bridge (Warp Speed)” – optional
- “Get Up and Go Dice” (may purchase (see page 109) or make your own)

Set Up:

Continue using same set-up as previous activity, or use set-up described on page 72.



Photo credit: www.DiscountSchoolSupply.com

“Get up and Go Dice” can be purchased from Discount School Supply (www.discountschoolsupply.com). However, you may desire to make something similar. If making your own, be sure that one die includes gross motor movements (suggestions: jump, reach high, stand on tip toes, flap arms, squat, stand on one foot, toe touches, etc), and the other includes numbers.

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How to Play

- Introduce the dice.
 - *“These are the action dice. What do you see on each one?”* (Numbers and children or actions/movements.)
- Have children stand in a line, or in a circle. Demonstrate tossing the dice low to the ground and underhand, emphasizing that once the dice are tossed, no one may touch them except you.
 - *“Everyone hold your hands out like you are trying to catch a snowflake. This is how your hands should look when you toss the dice. Bend down low and roll the dice on the ground.”* (Demonstrate this.)
- Allow child to toss one of the dice at a time into an open space. After a child tosses the dice, do the actions for the set number of times, as indicated on the rolled dice. After everyone completes the motions, pick up the dice and hand one to the next child.
- While children are tossing the dice, play a short song (about 1-2 minutes long. May use Track #17 on Smart Moves 2 CD). The goal is to get everyone to have a certain number of turns before the song is done. (In small groups, the goal might be to see how many turns you can get through before the song is done).
 - *“When the music starts, our first friend will toss one dice, followed by the next friend. Remember, after you toss the dice, nobody can touch the dice except me.”*
- After one round, you may choose to play one more time. Make the goal to either get everyone a certain number of turns before the song is over, or to get more turns than before.
- Ask children to feel their heart beating.
 - *“Are your hearts beating faster or slower than before?”* (It should be slower, because they were not moving their bodies as quickly in this game, but children will likely give a variety of answers.)
 - *“What have we been doing today by playing these games? (playing hard or exercising) And what’s the best thing to drink when we are playing hard? (water!)”*

