

Try different locomotor movements based on the roll of a dice.

Setup

- Create a dice / square block with a different movement on each side.



- Have a participant roll the dice.
- Participants demonstrate the locomotor movement that came up.
- Let another participant roll the dice next.
- Vary the locomotor movements.
- Add a second dice with numbers that can tell participants how many times or number of seconds allowed to complete the movement.
- Sample Exercises:
 - Plank
 - Lunges
 - Balance on one foot
 - Throw object to target
 - Get down and get back up
 - Run through agility ladder
 - Skip rope
 - Bicep curls
 - Squats
 - Run there and back