

Movement Dice Game (Large Group Activity)



MovingMinds_{cbc}

Equipment:

- 2 - dice (one containing number card, the other movement cards)
- Movement cards (jumping jacks, marching, hopping on 1-foot, Jack-in-the-Box, side-to-side hop, quad kicks)

Set-up:

- Have children stand in a circle.
- One child rolls the number dice, another child rolls the movement dice.

Activity:

- Show the children the dices and name the movements on the cards. Have the children try the movements prior to starting the "game".
- One child rolls the movement dice. This is the movement that all the children do as a group.
- Another child rolls the number dice & states what number appears. The number is how many repetitions to do of the movement.
- As children do the movement, they count out the repetitions as indicated on the number dice.
- Continue the activity as long as time permits, or, after every child has a turn rolling the dices.

Targeted Skills:

- Movement cards were chosen to develop strength, balance and coordination.
- Academics: counting, number identification.