

12. First to 50!

Description

Invite the pupils to stand on their own spot. Arrange pupils in groups of 4 to 8 and give each group a dice, and a pen and paper. Invite each group to assign an exercise to each number on the dice, such as, 1= 1 burpee, 2= 2 press ups, 3= 3 sit ups, 4= 4 lunges, 5= 5 squats and 6= 6 star jumps. Pupils may need to write down what each number represents to remind themselves. Invite a pupil in each group to roll the dice.



The remaining pupils in the group complete the relevant exercise. Then roll the dice again and add the number to your previous roll so that you keep a running total. Continue until your group reaches 50.

Equipment

- A Dice per group
- Pen and Paper per group

Variations

- Increase or decrease the target number to make it easier/harder.
- Make it harder by subtracting 5 when you roll a 5.
- Make it easier by doubling 6 when you roll a 6.