

## This Week's Movement Challenge

Materials needed: 2 dice

How to play: Roll the dice, add up the total, then do the exercise that matches the total

- Roll a 2: 5 jumping jacks
- Roll a 3: 10 hops on your left foot
- Roll a 4: 10 hops on your right foot
- Roll a 5: Gallop across the room/yard and back
- Roll a 6: Jump in place 15 times
- Roll a 7: Walk backwards 20 paces
- Roll an 8: Run in place for 15 seconds
- Roll a 9: Lay down on the ground and roll across the room/grass
- Roll a 10: Walk sideways to the left 10 paces
- Roll an 11: Walk sideways to the right 10 paces
- Roll a 12: Do three somersaults

(I stole this from "This Week's Family PE Challenge" the school did in April but changed it up to make it new!)