

# DICE FITNESS

**Purpose:** The students will recognize numbers and demonstrate mastery of basic addition concepts.

**Suggested Grade level:** K - 1

**Math SOL:** Number and Number Sense K.1, K.2, 1.1 Computation and Estimation K.6, 1.5

**Equipment/Materials Needed:**

1. Cones
2. One large die

**Advance Preparation:**

1. Place cones in a large circle to designate the area where the students will be for the lesson. A piece of string or objects other than cones can be used to designate the circle area if cones aren't available.
2. For each of the six sides of the die, have in mind a specific physical activity. For example, for the side with the number 1 on it, the activity can be to jump in place; for the side with the number 2 on it, the activity can be to make circles with your arms and so on.
3. Create a poster with numbers 1-6 written on it, and next to each number draw a stick figure doing the activity that you have assigned to that number.

**Directions:**

1. Tell students to stand outside of the marked-off circle.
2. Show them the poster and have them read the numbers and demonstrate the activity associated with each number.
3. Explain that they will each have a turn to roll the die and then they will all do the activity related to the number that has been rolled.
4. Roll the die while the students move clockwise around the outside of the circle.
5. Have students read out loud the number that has been rolled and then have them look at the poster to see what physical activity is assigned to that number. Then tell the students to do that activity
6. Continue until all students have had a chance to roll the die and until all numbers have been rolled several times.
7. Next, have two students roll the die consecutively and then ask another student to add the total. Then the student that added the total can lead the class in a physical activity of his/her choice, doing that activity the same number of times as the sum of the two numbers that have just been added. For example, if Johnny rolls a 1 and Mary rolls a 3 and Jose adds them together and correctly says that the total is 4, then Jose can tell the class to do 4 bunny hops in place and he can lead them in this activity.
8. Continue in this way until all students have had a chance to add two numbers from the roll of the die and lead the students in a physical activity of their choice.

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