**A Roll of the Dice**

**Goal:**
- To work together as a team to exercise

**Bullying Awareness Objective or Goal:**
Life is sometimes a roll of the dice. We don’t know what is going to happen next but we can work hard and adjust to whatever is rolled our way.

**Recommended Grade Level:** 4-12 (adjusting the difficulty of the task according to the ability, skill and age of the players)

**Space or Activity Area:** A large flat hard surface such as a gym floor or playground

**Equipment/Materials Needed:**
- 1 pair of foam dice (more dice can be used to raise the level of the activity), #W9769—Big Dice

**Description of Activity/Game:**
- The team forms a circle and gets ready to roll the dice into the center of the circle
- The team selects a fitness, locomotor, skill, or partner task to do
- The team rolls the dice into the center of the group
- The team must now do the selected activity the number of times it shows up on the dice.
  Example:
  - Dice shows a 5—Do 5 sit-ups
  - Dice show a 3—Do 3 pushups
  - Dice shows an 11—Skip around the dice 11 times
  - Dice show a 7—Kick the ball up to yourself 7 times

**Fitness/Skill Components:**
- Fitness, specific sports skills, movement skills

**Rules:**
- Task must be selected before the dice are rolled
- A dice must roll out to the center
- Task must be completed before the next roll of the dice

**How to Play:**
- Form a team of 4-6 players in circle
- Select a task
- Roll the dice into the middle of the group
- Do the selected task the # of times on the dice
- Repeat
Assessment:
- Did everyone get a turn to select the task?
- Did everyone complete all of the tasks?
- Were all group members involved?
- How did the group handle mistakes and restarts?

Debriefing Ideas:
- Talk about taking turns
- Discuss failure and starting again
- Brainstorm how a team can work together to solve this task
- Evaluate the group’s ability to work together and recover from setbacks

Additional Suggestions and Ideas

Adaptations:
- Add more dice to get higher numbers
- Adjust the # of repetitions for individual needs
- Make the group smaller so more turns will occur for each player
- Have a list of tasks printed for selection
- Make it so a player cannot roll or select the task 2 times in a row

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