



## BOKS Dice Roll

Print off the game board on 11x17 paper (to allow for a larger playing field). The board may also be laminated for long term use.








Children can complete this BURST in small groups, or a lucky volunteer can be chosen to lead the whole class depending on time and materials available. Each group, or class will require one die and a copy of the playing board.

The students will roll the die onto the playing board. If it lands on an avatar (the white portion) they will complete the skill listed. If it lands on the outside grey border, the students must complete ALL skills in the grey border. In both cases, the number rolled is the number of repetitions.

# Balance for 30 sec with only 3 body parts on floor

+ 15 Jumping Jacks

+ 5 Burpees

<p>Lunge</p> 	<p>Burpee</p> 	<p>Donkey Kick</p> 	<p>Plank</p> 
<p>Push Up</p> 	<p>Crunch</p> 	<p>Tuck Jump</p> 	<p>Squat</p> 