Purpose & SOL
• The student will roll the dice, color the graph, and perform the associated exercise.
• Math K.14, 1,14, 2.17

Materials
• Graphing sheet (see attached)
• Dice (See attached)
  • Graphics courtesy of www.mycutegraphics.com

Introduction
Review each side of the dice and the exercise associated with each fruit.
Banana – 10 jump, Orange – 10 arm circles, Red Pepper – 15 seconds run in place, Peas – 7 push-ups,
Strawberry – 10 sky reaches, Apple – 10 jumping jacks

Implementation
1) Hand each student a recording sheet.
2) One student takes a turn rolling the dice.
3) The entire class colors the number 1 spot on the graph of the fruit that was rolled.
4) The entire class does the associated exercise.
5) Repeat until all students have a turn to roll the dice.

Exercise the Answer

Cool Down
Slowly take a deep breath in through the nose and out through the mouth. Repeat three times.
Wrap arms around shoulders and give self a big hug and a pat on the back.

Modifications
This activity can be played with a group of students, instead of whole group.

www.grfit4kids.org  •  www.facebook.com/grfit4kids
# Roll, Graph, & Exercise

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Red Pepper - RUN
- Banana - Jump
- Apple – Jumping Jacks
- Peas – Push Ups
- Strawberry – Sky Reaches
- Orange – Arm Circles

Graphics courtesy of [www.mycutegraphics.com](http://www.mycutegraphics.com)
Apple starts with A. Make an A by doing 10 jumping jacks.

Jump into the air 10 times and shape your body like banana each time!

Red pepper starts with R, so does run. Run in place for 15 seconds.

Oranges are round. Do 10 arm circles.

Peas start with P, so does push-ups. Do 7 push-ups.

Strawberry 10 sky reaches

Apple starts with A. Make an A by doing 10 jumping jacks.

Graphics courtesy of www.mycutegraphics.com