

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

Length
25 min.

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

Exercise the Answer

- 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.

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.






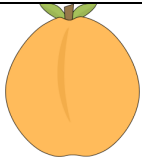
Modifications

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

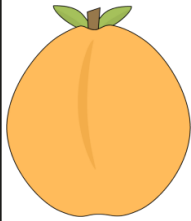


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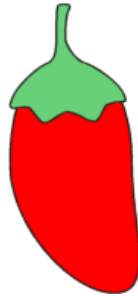
Roll, Graph, & Exercise

6						
5						
4						
3						
2						
1						
						
	Red Pepper - RUN	Banana - Jump	Apple - Jumping Jacks	Peas - Push Ups	Strawberry - Sky Reaches	Orange - Arm Circles

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



Oranges
are round.
Do 10 arm
circles.

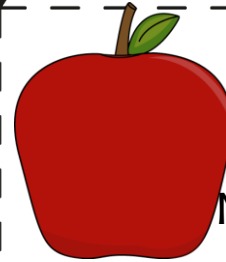


Red pepper
starts with
R, so does
run.

Run in place
for 15
seconds.



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



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



Strawberry

10 sky reaches