

## Purpose & SOL

- Students will roll dice, add/build numbers, and exercise according to their sum.
- Math 1.7a&b

## Materials

- 1 di per student.
- Recording sheet.
- Number exercise posters hanging on walls around the room.
  - Clipart by [Whimsy Clips](#).

**Length**  
20 min.

## Introduction

Introduce the Number Exercise posters to the students. Review the exercises and do the number of each exercise (2 sit ups, 3 push-ups, 4 hops on 1 foot, 5 toe touches, 6 jumping jacks, 7 jogs in place, 8 push-ups, 9 hops on 1 foot, 10 toe touches, 11 jumping jacks, 12 jogs in place. Pair up students and give each student a di and worksheet.

## Implementation

## Around the Room

- 1) Do number 1 as a class. Choose 2 students to come up to the front with their di.
- 2) Player 1 rolls and does that many jumps on two feet. Record the number. Player 2 rolls and does that many jumps on two feet. Record the second number.
- 3) The pair will count their dots on the dice or count their exercises to help them find the sum. Record the sum.
- 4) Find the sum on the posters around the room. The pair of students will walk over to the poster and complete the exercise. (Example: if they rolled a 3 and a 2, they find the 5 poster and do 5 toe touches.
- 5) They go back to their desk to roll again and make a new number sentence.
- 6) Allow all pairs of students to work through this at their own pace.
- 7) Continue with remaining time.

## Cool Down

Students will reach up to the sky and fold down to touch their toes. Slowly roll up and repeat this a few times.

## Modifications

Use this concept and exercise posters for many different topics - number sense, sight words, etc.



Name: \_\_\_\_\_

## Roll, Add, and Move!

Directions: With a partner, take turns rolling dice. Jump for each number you roll. Record your numbers and make a number sentence. Find the sum on the posters in the room, and do the assigned exercise!

1) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

2) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

3) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

4) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

5) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

6) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

7) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

8) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

9) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

10) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

11) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

12) \_\_\_\_\_ and \_\_\_\_\_ make \_\_\_\_\_ or \_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_

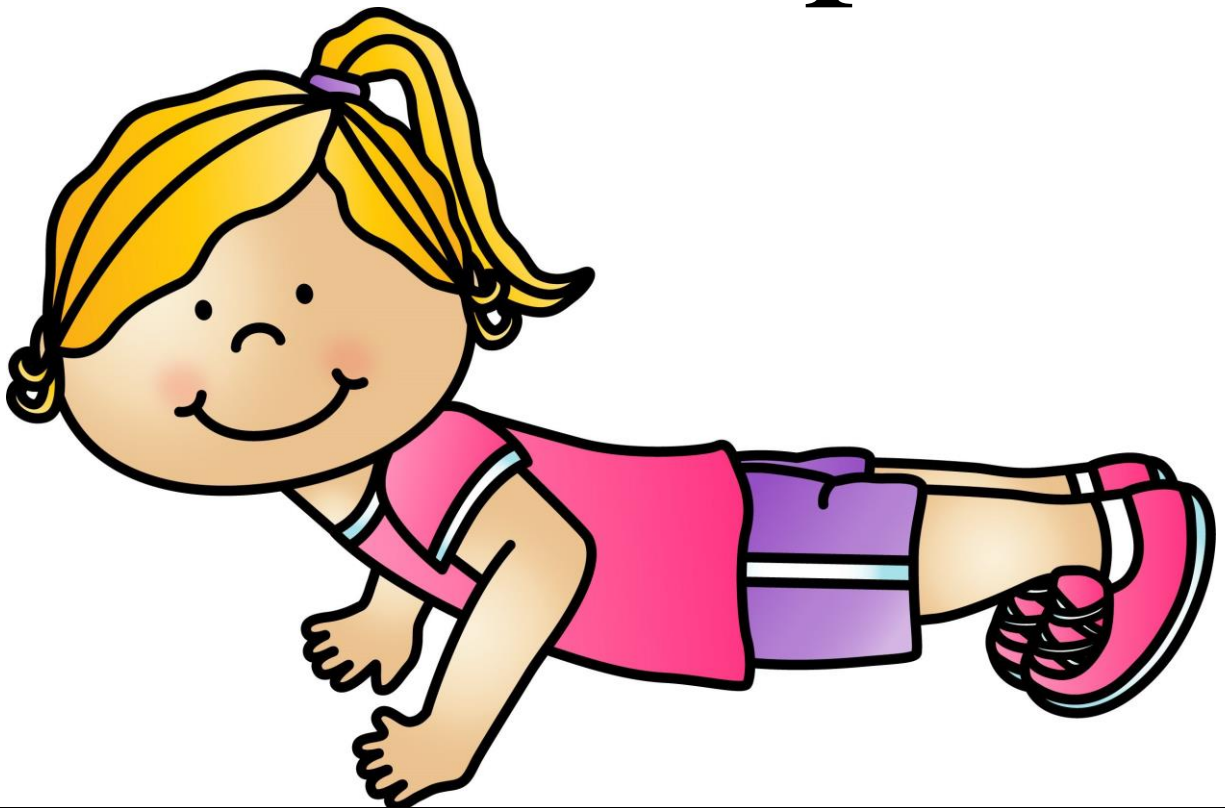
2

Sit Ups



3

Push Ups



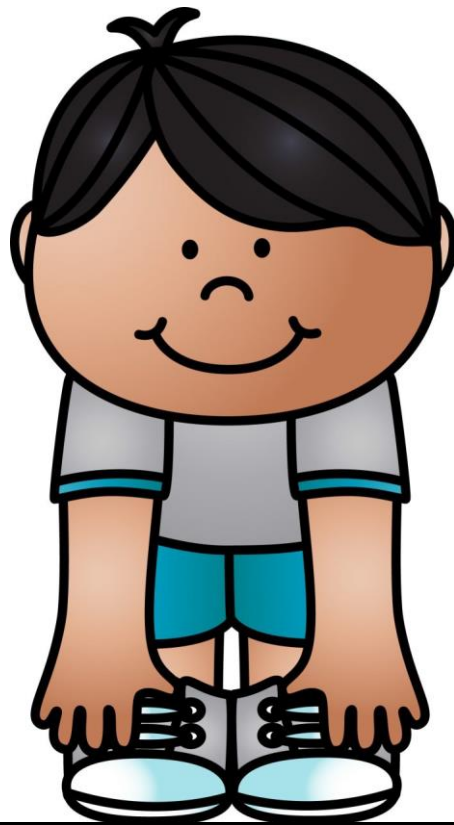
# 4

## Hops on 1 Foot



# 5

## Toe Touches



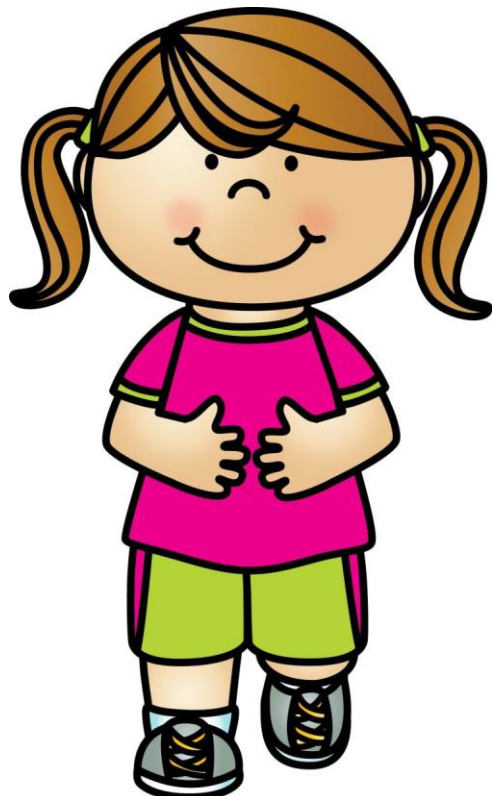
# 6

## Jumping Jacks



# 7

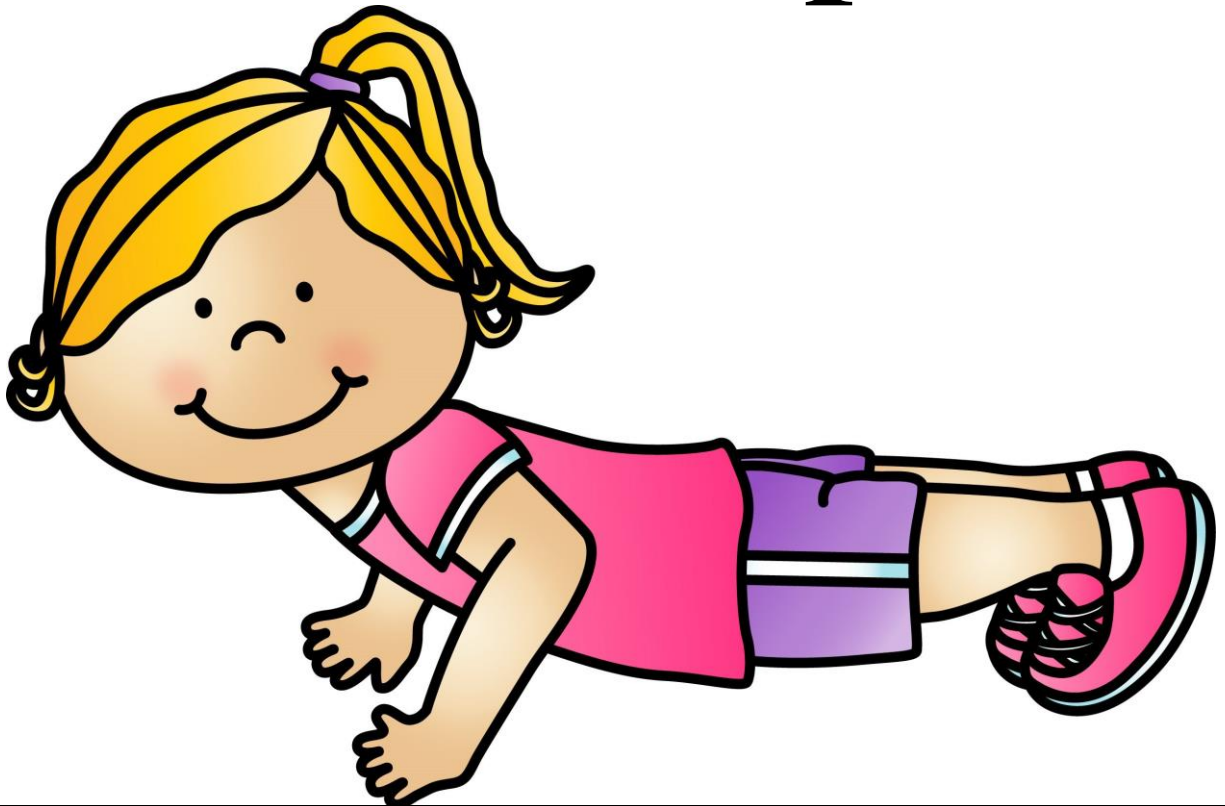
## Jogs in Place





8

Push Ups



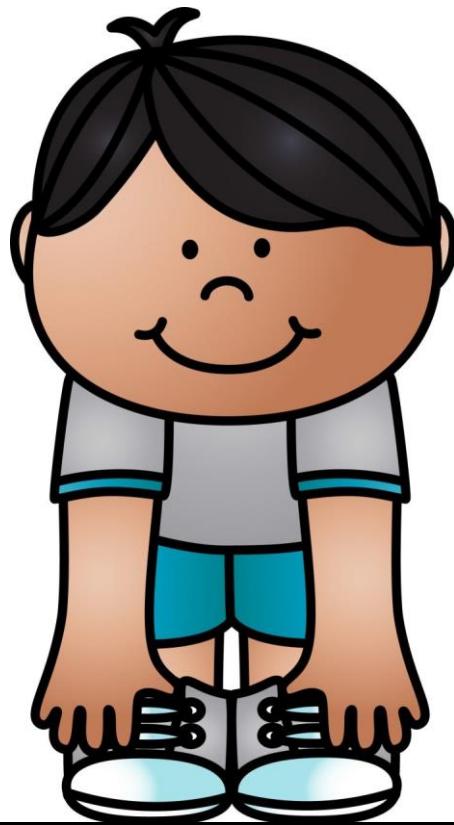
# 9

Hops on 1 Foot



# 10

## Toe Touches



11

Jumping Jacks



# 12

## Jogs in Place

