



Dice Throw Circuit

This is a great way of making exercise fun and kid-friendly. It is also good because the kids themselves are involved in deciding the exercises and setting up the circuit. Grown-ups, if you have the energy, I would suggest joining in with this one and getting a workout of your own.

Good for:

- Family workouts;
- A full body workout;
- Building fitness and strength;
- Basic number skills (for younger children);
- Team building;
- Creativity;
- Having FUN!

You will need:

- Two normal dice. (If you can't find any, you could make your own. Click [here](#) for a template and instructions.)
- Some scrap paper. (Cardboard or paper from deliveries or a cut up cereal packet will do just fine.)
- A pen or pencil.
- An interval timer. There are loads of free timers online, like [this one](#).

How it works:

Take 12 pieces of scrap paper and write the numbers 1 – 12 on them, leaving room to write the exercise below.

Choose an exercise/movement for each number and write it below the number. Grown-ups, you can help with suggestions but make sure the kids have the final say. If you are stuck, you'll find some exercise ideas on the [next page](#), but kids are usually pretty good at coming up with things.

If you have room, spread the numbers out in a circle around the workout space. If you don't have much space, spread them out wherever you can see them.

Set an interval timer 30 seconds on and 30 seconds off. (You can change the times depending on fitness levels and ages.)

Take it in turns to throw the dice. Sometimes throw just one die and sometimes throw both. Do the exercise that matches the number rolled. Perform each exercise for 30 seconds and use the rest time to roll the dice.

Try to do at least 20 throws in total. Do more if you can.

Top tip:

Remember to warm up and cool down before and after your workout. You could always use some of our shorter [Active Learning Games](#) as a warm up.

Exercise ideas:

- Squats
- Sprinting on the spot
- Bunny hops
- Frog jumps
- Arm swings
- High jumps
- Funny runs
- High knee runs
- Lunges
- Sumo walks
- Sideways shuffle
- Crazy dancing ...

You can also download [‘The Secret Circuit’ from Can-do Kids](#) and use that for inspiration too.

For more activities like this, head over to www.can-do-kids.co.uk

Health and safety

- **All activities suggested in this resource should be supervised by an adult and are undertaken at the participants'/supervising adult's own risk.**
- Make sure you check your area is clear of tripping hazards and sharp corners etc. before you start. Adapt the workout to make sure it is safe and suitable for the space you have. Always have water on hand so that you can all stay hydrated whilst you exercise.
- Make sure you warm up before starting. 5 minutes of moving all the joints and slowly elevating the heart rate will be fine. Your kids will more than likely have done warm ups and cool downs in PE at school so get them to lead this section if you like.