



# Jumping Dice PE Home Learning



Can you keep trying even if you feel tired?

## Time to Learn:

- Play with a partner, take turns to roll a dice.
- Look at the number you have rolled and then complete the correct jumping exercises:

**Roll a 1** = Perform twenty star jumps

**Roll a 2** = Perform twenty tuck jumps

**Roll a 3** = Perform twenty pencil jumps

**Roll a 4** = Perform twenty jumps with a  $\frac{1}{2}$  turn

**Roll a 5** = Perform twenty jumps with a full turn

**Roll a 6** = Perform twenty squat jumps

- The first player to complete all of the activities listed above is the winner.



Perform ten 'repetitions' on each station instead of twenty.



Play for three minutes. The player who has completed the highest number of exercises wins.

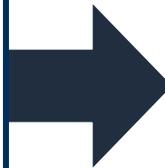


Think of some different jumps to try? Change the numbers on the dice to represent your own jumping ideas.

## Top Tips

Pace yourself

- Take your time when performing the exercises, as you may need to perform some of them more than once.



## Let's Reflect

What happened to your body (heart) after completing an exercise?

What helped you to keep working hard and not give up?