

SOUTH EASTLEIGH AND WINCHESTER

School Sport Partnership



You will need:

- 1-6 dice (or 1-6 number cards)
- 3 objects for balancing
- 2 objects for bicep curls

Dear Parents/Carers,

Please use this activity board with your child/children while they are learning from home.

The game can be played individually or as a group. The aim of the game is to roll/pick all numbers from 1 – 6. Once you have rolled/picked a number you have to carry out that amount of activities. For example, if you roll/pick a 2, you need to do 2 of the activities. If you roll/pick the same number again, you don't have to repeat it – simply roll the dice again until you land/pick a number you haven't had before.

Please adjust timings/quantities to suit your own child/children

15 squats	15 sit ups	Plank for 30 seconds	20 star jumps	Throw and catch for 30 seconds	Balance on one foot for 30 seconds
Find 3 objects to place on different parts of your body whilst balancing on one foot	Sprint for 20 seconds on the spot	10 burpees	Wall sit for 30 seconds	10 tuck jumps	10 split lunges
30 Seconds floor running (Mountain Climbers)	10 press ups	Hop for 30 seconds on your right leg	10 squat jumps	Speed bounce for 20 seconds	10 tricep dips
15 bicep curls (using 2 objects)	20 reverse lunges	20 high knees	20 forwards arm circles (straight arms)	20 backward arm circles (straight arms)	Hop for 30 seconds on your left leg

Have a go at completing your own activity board.

Please print these number cards if needed.

1

2

3

4

5

6