

DICE FITNESS CHART

	RED Cardiorespiratory	ORANGE Muscular Strength	YELLOW Muscular Endurance	GREEN Flexibility	BLUE Skill Related	PURPLE Body Comp.
1	Jump rope. Skip-count by 10s to 200.	Do 10 push-ups.	Bear walk across the length of the gym.	Hamstring Stretch: Touch your toes and count to 30.	Stick Grab: Take turns dropping a yardstick and catching it before it hits the floor.	Name a food in the Dairy group of "MyPlate."
2	Jog in place. Skip-count by 2s to 50.	Do 6 squat-thrusts.	Crab walk across the width of the gym.	Quadriceps Stretch: Hold heel to your bottom and count to 20 for each leg.	Dribble a ball from one end of the gym to the other end.	Name 3 different whole-grain foods.
3	Do jumping jacks. Skip-count by 5s to 100.	Do 8 lunges with each leg.	Lay on your stomach. Perform 7 trunk lifts.	Calf Stretch: In plank position, reach your heels to the ground. Count to 30.	Balance on 1 hand and 1 foot. Count to 10.	Name a food in the protein group of "MyPlate."
4	Power walk and touch all 4 walls in gym. How high can you count by 4s?	Biceps: Step on exercise band. Do 10 curls, bending at the elbow.	Hold a plank for the count to 25.	Triceps Stretch: Hug each arm across your body and count to 20.	Perform the standing long jump 3 times.	Name 3 of your favorite fruits.
5	Hula Hoop. Skip count by 3s to 60.	Back: Sit w/legs straight out. Wrap ex band around feet and pull with arms.	Abdominals: Do 12 sit-ups on the exercise ball.	Pectoral Stretch: Hold your hands behind your back and lift up. Count to 30.	Run through the hoops like a football player.	Name 3 vegetables that you would try if given the chance.
6	Remember the importance of hydration. Get a drink of water.	Shoulders: Stand on & hold exercise band. Press arms overhead.	Abdominals: Hold a plank with hands on exercise ball. Count to 25.	Back Stretch: Lie on your back and hug both knees to chest.	Jog around the boundary of the gym. Be safe.	How many minutes should kids be active each day?