

Materials	Six-sided dice, small pieces of paper, marker
Learning Outcome	Develop aerobic, balance, and core fitness skills and maintain stamina during a fitness circuit.

Description

Cut up a piece of paper into smaller pieces and write out different aerobic, balance, and core activities on the papers. Lay the papers on the floor or the ground and create six columns placing 3 papers in each column. Some examples of activities are:

- Plank x 20 seconds
- Pretend to jump rope x 10
- Sprint back and forth in the playing area x 2
- Wall sit x 20 seconds
- Long jumps x 5
- Hop back and forth over a line x 10
- Wall push-ups x 10
- Bridge x 20 seconds
- Sit down and stand up x 5
- Jumping Jacks x 10
- Tree pose x 5 seconds
- High knees x 20



Ensure there is enough space to do the activity away from any safety hazards.

The child rolls the dice and chooses an activity from the corresponding column (e.g., a 3 is rolled so choose a paper from the 3rd column).

Perform the activity together and allow anyone who is playing to take a turn rolling the dice.

Play for an allotted amount of time or until you have done most of the activities 2-3 times.

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the child the reflection questions below and discuss the answers together.

- *Did you experience one feeling more than others today? Why do you think that was?*
- *Do you always experience the same feelings each day? Why or why not?*



Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S	Space	T	Task	E	Equipment	P	People
	Increase the size of the playing area to allow for a variety of sensory objects to be spread throughout the space.		Cover the die with small pieces of paper with different actions written on them reflecting the child's ability (e.g., twist, bend, arms up, etc.).		Remove the die and the child moves to collect sensory items spread throughout the playing area before performing the actions.		The child follows the movements of another individual.