



PE Lesson:

## GYMNASTICS: JUMPING DICE

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 20 star jumps

**Roll a 2** = Perform 20 tuck jumps

**Roll a 3** = Perform 20 pencil jumps

**Roll a 4** = Perform 20 jumps with a 1/2 turn

**Roll a 5** = Perform 20 jumps with a full turn

**Roll a 6** = Perform 20 squat jumps



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

Can you keep trying even if you feel tired?

Can you encourage others to keep going?

### Top Tips!

#### Pace yourself

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

### Lets Reflect

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

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