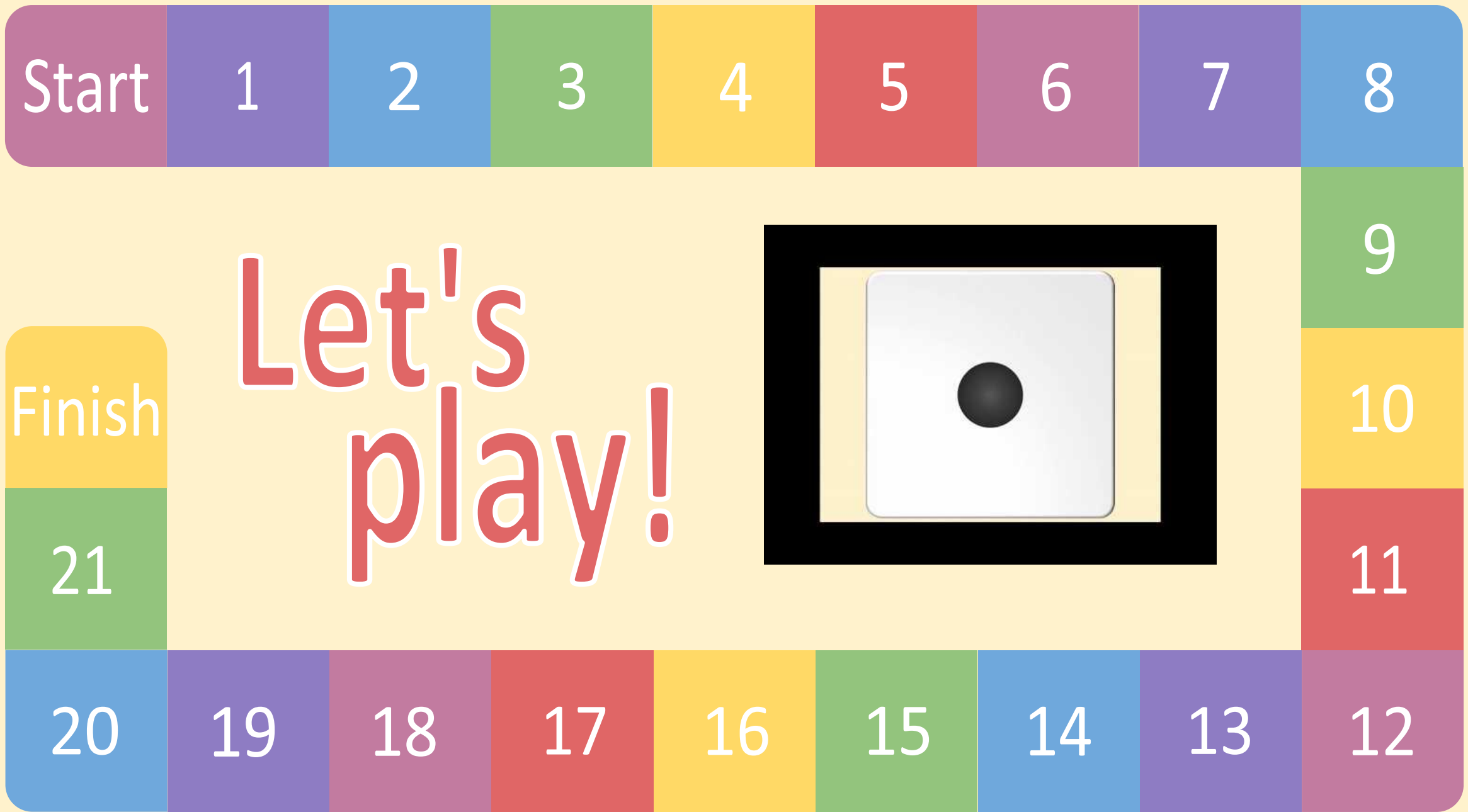




Instructions.



1. Roll dice.



2. Move spaces on the interactive board.

***For example, roll 4. Move 4 spaces on the board.**

3. Look at the activity card 4, and do the activity.

4. Students will be ask to the do the task on the card.

Start

1

2

3

4

Finish

21

20

19

18

17

16



Activity 1

20 Situps



Backside





St

Activity 2

Click on link:

<https://youtu.be/5XkzGrvKLdA>

Backside

4

5

6

7

8

9

10

11

16

15

14

13

12



Fir

2

2

Start

1

2

3

4

Finish

21

20

19

18

17



Activity 3

Stand on 1 foot.

For 1 minute.



Backside





St

Activity 4

Click on the link

<https://youtu.be/2UcZWXvgMZE>

Backside

4

5

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9

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16

15

14

13

12



Fin

2

2

Start 1 2 3 4

Finish

21

20 19 18 17 16

#5

Free Pass!

Backside





St

Activity 6

Click on link:

<https://youtu.be/qUbtJMtv0M>
o

4

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12

Backside

Fin

2

2

Start

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12

Finish

21

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16

Activity 7

Click on link:

https://youtu.be/JoF_d5sgGgc

Backside





Activity 8

Click on link:

<https://youtu.be/mzEzUtpplus>

Backside

4

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13

12

Start

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4

Finish

21

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17

16

Activity 9

20 Push Ups.



Backside





St

Activity 10

10 Leap frogs

Fin

2

2

Backside

4

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13

12

Start

1

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4

Finish

21

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17

16

Activity 11

Run in place for 30 seconds.



Backside



8

9

10

11

12



St

Activity 12

Lift your legs for 10 seconds



Backside

4

5

6

7

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11

16

15

14

13

12

Fin

2

2

Start

1

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4

Finish

21

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16

Activity 13

Click on link:

<https://youtu.be/j7qdWyHMjwE>

Backside





St

Activity 14

Arm rolls for 50 seconds.



Backside

4

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12

Fin

2

2

Start

1

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4

Finish

21

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18

17

16

Activity 15

Touch your toes for 1 minute.



Backside





St

Activity 16

30 squats



Backside

4

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16

15

14

13

12

Fin

2

2

Start

1

2

3

4

Finish

21

20

19

18

17

16

Activity 17

5 Push Ups



Backside



8

9

10

11

12



St

Activity 18

Click on link:

https://youtu.be/HpOe8Ingp_o

Fin

2

2

Backside

4

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16

15

14

13

12

Start

1

2

3

4

Finish

21

20

19

18

17

16

Activity 19

Click on link:

<https://youtu.be/lx1h434BUrw>

Backside





Activity 20

Click on link:

<https://youtu.be/RzbTmBlpGdQ>

Backside

4

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16

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13

12

Start

1

2

3

4

Finish

21

20

19

18

17

16

Activity 21

Click on link:

<https://youtu.be/GMNShla7jqM>

Backside



Yeyyy!



You did it!





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