



# ROLL THE DICE FITNESS

BRAIN BOOT STRATEGIES

## CLASSROOM APPLICATION

*"This was by far my favorite and most effective strategy. I LOVED it and the kids loved it, too!"*

### Recommendations

- Announce ahead of time that repeating numbers will be skipped, so students are not doing the same exercise multiple times.
- Keep the dice near a trash/recycling can. During independent time (not whole group learning), if students shoot a basket with crumpled paper and miss, they roll the die and do the exercise.
- Use two dice and one indicates the number of reps while the other indicates the exercise choice.



VIRGINIA  
Chief Movement Officer

  
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