**Jumping Dice**

**PE Home Learning**

**Time to Learn:**

- 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 twenty star jumps  
  **Roll a 2 =** Perform twenty tuck jumps  
  **Roll a 3 =** Perform twenty pencil jumps  
  **Roll a 4 =** Perform twenty jumps with a ½ turn  
  **Roll a 5 =** Perform twenty jumps with a full turn  
  **Roll a 6 =** Perform twenty squat jumps
- The first player to complete all of the activities listed above is the winner.

**Top Tips**

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

**Let’s Reflect**

- What happened to your body (heart) after completing an exercise?
- What helped you to keep working hard and not give up?

**Think of some different jumps to try? Change the numbers on the dice to represent your own jumping ideas.**

**Play for three minutes. The player who has completed the highest number of exercises wins.**

**Perform ten ‘repetitions’ on each station instead of twenty.**