



Physical Activity Lesson Plan-Dice Relay

By IAN on 01/06/2020

Organization: Indiana Afterschool Network

Lesson Summary

Lesson Description:

Teams will race to complete the relay race by rolling die and having all numbers turned at the same time. This is a very active relay race that can go on for quite awhile.

Group Size: 20-30

Location: Gym

Estimate Time for Lesson: 30 minutes

Estimated Time for Planning: 15 minutes

- Subject(s) Check all that apply:
 - Healthy Eating and Physical Activity (HEPA)

Other:

- Grade(s) Check all that apply:
 - Kindergarten
 - 1
 - 2
 - 3
 - 4
 - 5

Materials/Resources Needed:

Large cones with numbers on them (use a piece of construction paper taped to the cone)

Dice (any size will work; foam exercise dice work well-Dollar store has packs of 2 for \$1)

1 Low-profile cone to mark each teams starting line

6 little cones per group (could be any item that you could carry and set down)

Lesson Objective #1:

To increase the student's level of fitness by racing back and forth throughout the relay.

Lesson Objective #2:

Lesson Objective #3:

Lesson Procedure

Introduction/Attention Grabber:

Roll the die a few times to get their attention. Ask if they want to roll the die.

Instructions:

SET-UP:

1. Place a low-profile cone on the sideline of the basketball court; one per team.
2. Create teams of 4-5 players.
3. Set-up Large cones with the numbers 1-6 on them. Place the first cone, with the #1 on it, about 7-10 feet out. Another 7-10 feet place the cone with the #2 on it, and so on until all 6 cones are placed across the gym floor. Depending on the age of the students, you may want

these closer together or further apart.

4. If playing with a lot of teams, you will need several of the numbered big cones spaced out so that all teams can see where the #1 cone is at, and so on.

5. If you have a way to mark all 6 spots for each team, that is great. However, several sets of big cones will work.

RULES:

1. On go, the first person in line for each team will roll the die. They run out and place their cone at the numbered cone that matches the number they rolled. (Ex. I roll a 2, run straight out from my cone and place a little cone across from the big #2 cone.

2. Then run back to your line and tag a partner who will then roll the die. If they roll the die and it is a number that has already been rolled, they go and pick up the cone at that number and bring it back to their team. If the number hasn't been rolled, they go place the cone across from the same number they rolled.

3. Play continues until a team gets all six of their cones placed at the numbers. This may take awhile, because they will keep rolling numbers they have already rolled and then have to keep taking and bringing back the same cones.

ROUND 2:

-Students have to get all 6 cones at a set number. (Ex. They have to have all 6 cones at number 6. If they roll a 3, they would have to remove one of the cones that were already at number 6.) Instead of removing the cone, you could tell them they have to run out to the #6 area and back before the next person can go.

-Another option is to pick 2 numbers that each team has to have their cones at. (Ex. 3, 6) All other numbers you either take away a cone, do a sprint down and back, or do some kind of exercise before the next person can roll.

*The students will be working in a straight line out from their starting low-profile cone. They will not actually go touch the big cones that are numbered, they will just pretend there is a line connecting the big cone and their line.

Checking for Understanding:

Observe teams to make sure they are following directions.

Lesson Adaptations

Time Adaptations:

Use the adjustments listed above to lengthen or shorten the rounds.

Location Adaptations:

This can be played in any open space.

Age Adaptations:

K-1: Set the cones out in a straight line from their team, equal distance across from each number 1-6. Instead of students bringing the cone back, they just stand it up or lay it sideways. (Ex. I roll a 2, go stand up our cone by the big #2. The next person rolls a 2, they run out and lay the cone by #2 back down, so it is sideways on the ground.) A team wins when all 6 cones are standing up at one time.

Learning Style Adaptations

Describe any adaptations for Visual Learners, Auditory Learners, Kinesthetic Learners, Advanced Learners, Special Needs Learners, ESL Students, At-Risk Students: