Name/Title: Adapted Dice Warm-up

Suggested Grade Level: All

Materials Needed: Large Foam Die / group; Exercise Board #1-6 / group

Description of Idea

Students get into groups of 3 or 4 and are scattered throughout the space. Each group has a large foam die and an exercise board.

One student at a time will take the die and roll it. What ever number it lands on is the activity number that the group will do. Everyone will take a turn rolling the die.

We mostly use this as a warm-up for our students who are in wheelchairs. An example of the exercise board would be:

#1- Knees to chest for 10 seconds
#2- Arms in and out 10 times
#3- Neck rolls for 10 seconds
#4-DANCE
#5- Reach up and hold for 10 seconds
#6- Leg Lifts for 10 seconds

Adaptations for Students with Disabilities:

-Use various size dice
-Change the warm-up board to skill level
-Have students push the die off of their lap or tray and let it fall to the ground to see what they rolled.

Submitted by **Karlee Wright** who teaches at Mary Cariola Childrens Center in Hilton, NY. Thanks for contributing to PE Central! **Posted on PEC: 9/7/2017**.

Visit S&S Discount for all your physical education equipment and supplies!