Name/Title: Fun Dodecagon fitness cube workout!

Purpose of Event: To work on fitness in a fun way.

Suggested Grade Level: all

Materials Needed: A dodecagon cube or multiple cubes if you have then students pick the one they would rather perform.

Description of Idea

This is a fun randomized way to work on calisthenic exercises and you can make it interdisciplinary by incorporating math if you go over the probability of landing on a specific exercise, probability of landing on a lower body exercise or number the exercises one through twelve and ask about probability of landing an odd or even number etc.

Here is a video of the activity!

Video

At the end of activity ask students which muscle groups where exercised in this random workout.

Submitted by **Idrissa Gandega** in new york, NY. Thanks for contributing to PE Central! **Posted on PEC: 11/10/2020**.

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