

# Rolling to 100

## Game Description and Rules:

The goal of this activity is to get from 1 to 100. The students roll the dice and add the numbers. For example, if they roll a 3 and 4 then they would mark the number 7 spot and then complete 7 jumps. The next roll is a 2 and 3. They would mark the 12 spot ( $7 + 5$ ) and then complete 5 jumps, etc. The students would keep adding their numbers until they reach 100. Below are activities students could choose to perform.

1. Core exercises (sit-ups, crunches, bent knee sit-ups, side plank, boat pose)
2. Muscular fitness exercises (push-ups, plank, crocodile, walking lunges)
3. Flexibility exercises (downward facing dog, dolphin, spiderman)
4. Jump rope exercises (basic jump, alternating foot jump, bell, skier)

## Rolling to 100

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

## Equipment:

1. Rolling to 100 playing card
2. Dice
3. Equipment associated with the content you are teaching

## Playing Area:

Students are with a partner in general space.

## Activity Modifications:

Version #1: The moving content for the Rolling to 100 can be changed to meet the needs of the unit you are teaching. For example, if you are teaching throwing and catching the students can throw and catch for the number of times on the dice as they move to 100.

Version #2: Have the students start at 100 and work their way back to 1. This helps the student work on subtraction.

Version #3: Have the students complete one activity for even numbers and one activity for odd numbers. For example, Crunches (even numbers) / Push-Ups (odd numbers) or Dribbling a basketball (even numbers) / Shooting a basketball (odd numbers).