

**Year 1/2 Activekidsdobetter uk**

**Resources/active classroom**

**Task 1 –Roll the dice perform the number as on the dice. Have 6 throws and perform each action for 30 seconds.**

**Task 2 select to go for-**

 **Gold task –total score on the dice is 40 perform each throw for 20seconds. Keep a total running as you perform.**

**Silver task - total score on the dice is 30 perform each throw for 20seconds Keep a total running as you perform m**

**Bronze total score on the dice is 20 perform each throw for 20seconds keep a total running as you perform**





**Up the ladder for 1 minute**

**Gallop for 45 seconds**

**Wiggle for 45 seconds**

**Spotty dog for 45 seconds**

**Silly Sailor for a minute**

**Power Range for 45 seconds**

Can you Play against a family member? Who completes task 2 first after you have selected gold, silver or bronze.

