

**Year 3/4 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 1 minute.**

**Task 2 select to go for-**

 **Gold task –total score on the dice is 60 perform each throw for 20seconds.**

**Silver task - total score on the dice is 40 perform each throw for 20seconds**

**Bronze total score on the dice is 30 perform each throw for 20 se20seconds**





**Up the ladder for 1 minute**

**Spotty dog for 1 minute**

**Wiggle for 1 minute**

**Hopscotch for 1 minute**

**Clap under the ladder for 1 minute**

**Silly Sailor for a minute**

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