

Children's University Club Challenge

Action Dice!

Keeping fit and healthy is really important. But it doesn't have to be by taking part in organised sports or fitness activities - getting up, running around, jumping up and down or even dancing are brilliant ways to get your lungs pumping and your heart beating! Here's a fun way to invent your own fitness programme.

You will need:

- A recycled cube-shaped box (or our template to make a cube)
- Plain paper or card, or wrapping paper
- Scissors
- Sticky tape
- Pencil or pen, coloured pens



Step 1: Decide on a theme for your action dice - it might be dance moves, skills with a ball, fitness moves, balances, etc. Whatever your theme is, you'll need to decide on six things (one for each side of the dice).

Step 2: Ask an adult to help you find a box to recycle. It needs to be a cube shape (tissue boxes are perfect!) Or you can use the template on the next page. Cut it out and stick it to a piece of card (like a cereal box). Cut out the shape again. Ask an adult to help you score along the folds with some scissors so it folds together, and stick it together with glue or sticky tape.



Step 3: Cover your cube with plain paper or wrapping paper. Write one of your actions on each side of the dice. You might want to draw a picture too?



Step 4: Gather your family for some fun! Take it in turns to roll the dice. Follow the action that it lands on.

Step 5: Can you see how many dice rolls and actions you can do in one minute before passing it onto the next player? Could you do a double-roll (roll it twice) and put both actions together?

You can collect **1 CU credit** for completing this task. To claim your credit, please complete your CU Club Challenge Reflection Diary and return to your school along with evidence of your challenge.

Finally: Add the Learning Stamp to your Digital Dashboard once you receive it from your school.



