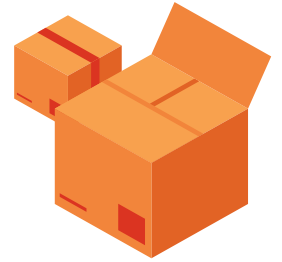
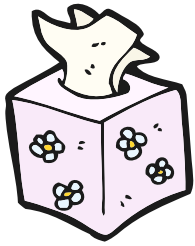


Movement Dice

Get Active

Use empty cube-shaped tissue boxes to make movement dice (or use a cardboard box for giant dice!)



Instructions:

- Print and stick each of the 6 moves below onto each side of the box (printables are included at the back of this booklet). You could also write or draw the words or pictures onto the box to save paper.
- Throw the dice and do the move that lands facing up for 20 seconds.

Moves



Kick



Crawl



Hop



Jump



Punch



Run

If you have another box, add the following describing words to its 6 sides and play with 2 dice.

Describing words

Forward

Backwards

Sideways / side-to-side

Slow

Fast

Around in a circle

- Throw both dice.
- Do the move on the move dice in the style of the word on the describing dice (e.g. 'Crawl around in a circle' or 'hop backwards')



Irish Heart
Foundation



Kick



Crawl



Hop



Jump



Punch



Run

Forward

Backwards

slow

Sideways

or

side-to-side

Around in
a circle

Fast