

Roll & Move (Level C & D)

STAY ACTIVE

Combine movement, choice, and fun through a simple dice-rolling activity that promotes physical literacy and social engagement.



Learning Intentions

Strengthen physical literacy and gross motor coordination.

Develop turn-taking, patience, and following rules.

Encourage group participation, cooperation, and enjoyment.



Success Criteria

Students take turns to roll the dice.

Students perform at least two different movements successfully.

Students actively participate by joining in with group actions.



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Duration: 5 minutes

Objective:

Combine movement, choice, and fun through a simple dice-rolling activity that promotes physical literacy and social engagement.

Gameplay:

- Use a large foam dice for visibility.
- Each number represents a movement:

1 = Clap
2 = Stomp
3 = Spin
4 = Touch toes
5 = Jump
6 = Stretch

- One student rolls the dice, and the whole group acts together.
- Rotate turns so multiple students get to roll.

Debrief:

- Ask reflective prompts:
 - “Which movement was your favourite?”
 - “Which one made you laugh the most?”
- Discuss how it felt to do the same actions together as a group.

Variations

- **Children's Edition:** Replace numbers with picture dice (e.g., images of a jump, clap, or spin).
- **Fitness Edition:** Increase intensity by adding repetitions (e.g., roll a 3 = 3 star jumps).
- **Teamwork Edition:** Split into two teams. Each team tries to complete all six movements first.

Wheelchair Users / Accessibility:

- Replace “stomp” with clapping, tapping the side of the chair, or pressing hands firmly on the lap.
- Instead of “spin,” try turning the wheelchair in a half circle or raising arms in a spinning motion.
- “Jump” can be swapped for strong arm raises, hand claps, or bouncing in the seat.
- Ensure all students have inclusive movement choices that reflect the same level of fun and effort.
- Encourage peers to try the adapted versions so the group can share the experience of inclusive play.



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Notes for Inclusion:

- Encourage peer modelling and cheering for each other.
- Allow for both verbal and non-verbal participation.
- Emphasise fun, group connection, and effort over perfect accuracy.

Additional Notes:

Roll & Move is a highly adaptable activity that can be used as a warm-up, energiser, or transition. Its simplicity, flexibility, and whole-group involvement make it ideal for Levels C and D students to practise coordination, patience, and teamwork while having fun.

