

# 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.

