

# Roll & Move (Levels F-3)

STAY  
ACTIVE

A simple, playful dice game that helps students connect movement with numbers, building confidence and coordination in a fun group setting.



## Learning Intentions

Practice following simple instructions linked to movement.

Build coordination through whole-body actions.

Encourage confidence and group participation.



## Success Criteria

Students respond to the dice roll by performing the matching action.

Students attempt at least two different movements.

Students participate with energy and enjoyment.

# Roll & Move (Levels F-3)

# STAY ACTIVE

**Duration:** 5 minutes

**Objective:**

A simple, playful dice game that helps students connect movement with numbers, building confidence and coordination in a fun group setting.

**Players:**

Whole class, friendly, small groups, or individuals

**Materials:**

Large foam dice (or the teacher can use number cards 1–6)

**Setup:**

- Students sit or stand in a circle with space to move.
- The teacher introduces the dice and explains each number/action.

**Gameplay:**

- Each turn, a student rolls the dice (or the teacher rolls the dice).
- Everyone acts together.
- Movements for this level:
  - 1 = Clap hands
  - 2 = Tap knees
  - 3 = Stretch arms up
  - 4 = Wiggle fingers
  - 5 = Stomp feet
  - 6 = Big smile + clap
- Rotate turns so several students get to roll.

**Debrief:**

- Ask:
  - “Which action was your favourite?”
  - “Which action made you feel happy?”

**Variations**

- **Children’s Edition:** Use picture cards with drawings (hands clapping, feet stomping, etc.) instead of numbers.
- **Fitness Edition:** Add repetition (e.g., roll a 2 = tap knees 2 times).
- **Teamwork Edition:** Students work in pairs to do the same action together (e.g., clap hands facing each other).



# Roll & Move (Levels F-3)

# STAY ACTIVE

## Wheelchair Users / Accessibility:

- Replace “stomp feet” with tapping the side of the wheelchair, lap taps, or hand claps.
- “Stretch arms up” can be adapted to lifting one or both arms.
- “Wiggle fingers” and “big smile” are inclusive options for all.
- Encourage peers to try the adapted versions so everyone plays together.
- Ensure plenty of space for safe and comfortable movements.

## Notes for Inclusion:

- Use clear visual cues (hold up dice, show a number card, or model the movement).
- Provide extra time for students to complete each action.
- Encourage peer support and celebrate effort.

## Additional Notes:

- This activity combines number recognition, movement, and fun in a simple structure. It
- works well as a warm-up, transition activity, or quick energiser to re-focus the group.

