

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Dice Twister

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### Game Description:

How many body parts can you put on cones? Find out in this fun twist of twister!

### Objective:

Roll the dice to find out how many body parts you need to put on cones.

### Game Rules:

Scatter a bunch of cones close together. Assign 1 child to be the roller each round, they roll the dice and call out the number. If the number is 2, then everyone must try to hold a balance pose by touching cones with 2 body parts. Play multiple times. If the number is 6, be silly and try to touch the cones with 6 body parts (ie. both hands, both elbows, both feet).

### AGE:

4 to 6 years  
7 to 9 years

### TYPE OF ACTIVITY:

Multi-skill game  
Warm up/Cool down

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)

### HOW MANY LEADERS ARE NEEDED:

Only 1

### HOW BIG OF A GROUP IS NEEDED:

Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)  
Large group (16+ kids)

### TYPES OF SKILLS PRACTICED:

Balance  
Coordination