



Dice Stretch

STUDENT TARGETS

- ✔ **Skill:** I will perform and hold each stretch for 30 seconds.
- ✔ **Cognitive:** I will discuss the reason why cooling down is important after being physically active.
- ✔ **Fitness:** I will demonstrate the Dice Stretch cool-down using proper stretching technique.
- ✔ **Personal & Social Responsibility:** I will interact positively with my peers, demonstrating respect and appreciation.

TEACHING CUES

- ✔ Move Slowly In and Slowly Out of Each Stretch
- ✔ Hold for 30 Seconds
- ✔ Feel the Stretch Without Over-Stretching

ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 6 colored dice
- ✔ 6 hula hoops
- ✔ 6 Dice Stretch Colored Charts (colors of paper/ink match the colors of the dice)

Set-Up:

1. Scatter hoops around the activity area. Place 1 die in each hoop.
2. Post Colored Charts around the activity area.
3. Scatter students in the activity area with enough personal space to perform each stretch.



Activity Procedures:

1. It's time to cool-down with a Dice Stretch activity. I'll select a student who is actively listening and demonstrating responsible behavior to roll one of the colored dice. Then I'll check a Colored Chart to see which stretch we'll perform as a class.
2. Each time we roll, we'll roll a different color die. We'll perform as many stretches as we can in 3 minutes.

Grade Level Progression:

- 3rd: Demonstrate and practice each stretch as a class. Focus on safe performance.
- 4th: Quickly review each stretch. Begin to ask students questions that examine their understanding of why stretching is an important part of a cool-down routine.
- 5th: Allow students to complete the activity independently, guiding their performance and asking questions while they stretch.



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CHALLENGE PROGRESSIONS

- ✔ Have student identify the muscle being stretched each time they roll a die.

MODIFICATIONS

- ✔ Perform the stretches as a class. Have students take turns rolling the dice. The teacher can demonstrate the proper stretch and then students can copy.

ACADEMIC LANGUAGE

Active Lifestyle, Warm-Up, Cool-Down, Dynamic Stretching, Static Stretching, Fitness, Flexibility, Health-Related Fitness, Skill-Related Fitness, Balance, Coordination

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E4.3-5]** Recognizes the importance of warm-up & cool-down relative to vigorous physical activity (3); Demonstrates warm-up & cool-down relative to cardio-respiratory fitness assessment (4); Identifies the need for warm-up & cool-down relative to various physical activities (5).
- ✔ **Standard 4 [E2.3-5]** Works independently for extended periods of time (3); Reflects on personal social behavior in physical activity (4); Participates with responsible personal behavior in a variety of physical activity contexts, environments and facilities (5a); Exhibits respect for self with appropriate behavior while engaging in physical activity (5b).
- ✔ **Standard 5 [E4.3-5]** Describes the positive social interactions that come when engaged with others in physical activity (3); Describes/compares the positive social interactions when engaged in partner, small-group, and large-group physical activities (4); Describes the social benefits gained from participating in physical activity (e.g., recess, youth sport) (5).
- ✔ **DOK 1:** What is a cool-down?
- ✔ **DOK 2:** Can you summarize why Dice Stretch could be used as a cool-down?
- ✔ **DOK 3:** How are stretching activities related to health-related fitness?
- ✔ **DOK 3:** Can you elaborate on the reasons why stretching is important?
- ✔ **DOK 2:** Do you think this activity would be more fun when done in small groups or individually? Support your answer.

DEBRIEF QUESTIONS

TEACHING STRATEGY FOCUS

Help students practice skills, strategies, and processes: Both cooling down after vigorous activity and stretching for improved flexibility are strategies that should be included in all fitness plans and programs. Dice Stretch reinforces these strategies while prompting students to practice specific flexibility exercises.