

Movement Dice and Obstacle-Course Cards

Roll • Move • Play

Student Details

Name:

Class:

Date:

Teacher:



Movement Cards

What children will practice: Gross motor skills, following instructions and active play using movement dice and obstacle stations.

Movement Dice:

1. Print the dice net.
2. Cut out and fold into a cube.
3. Tape or glue the edges.
4. Roll the dice and do the action shown.

Obstacle-Course Cards:

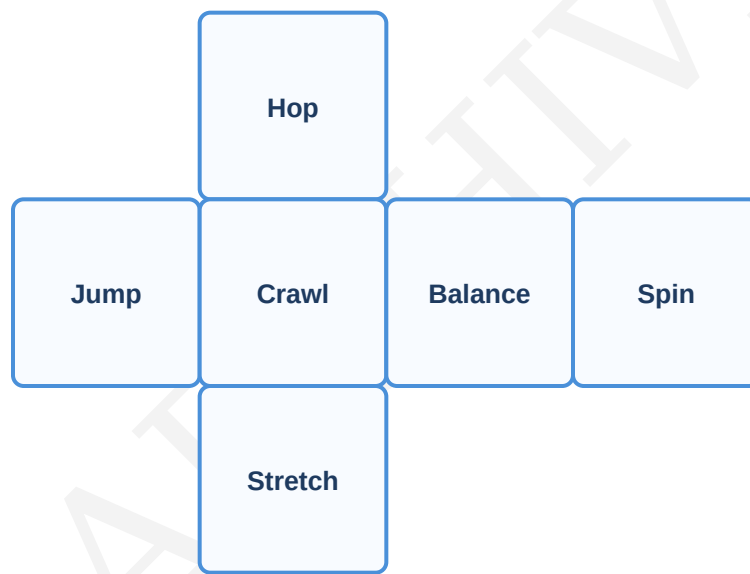
1. Print and cut out the station cards.
2. Place them around the room or outdoors.
3. Children visit each station and do the action.
4. Time the course or do it as a team.

Tips:

- Clear a safe space.
- Demonstrate each action first.
- Laminate for durability.
- Great for indoor and outdoor play.

Movement Dice Net

Cut out and fold into a dice. Roll and do the action!



Obstacle Course Stations

Station 1

Hop

Station

Station 2

Jump

Station

Station 3

Crawl

Station

Station 4

Balance

Station

Station 5

Stretch

Station

Station 6

Spin

Station

Extra Obstacle Stations

Station A

Hop

Station

Station B

Jump

Station

Station C

Crawl

Station

Station D

Balance

Station

Station E

Stretch

Station

Station F

Spin

Station