

# QR Fitness Dice

## OBJECTIVES:

STUDENTS WILL USE THE QR CODES TO LEARN THEIR ACTIVITY.

STUDENTS WILL TAKE TURNS ROLLING THE DICE.

STUDENTS WILL DEVELOP MUSCULAR ENDURANCE.

## SKILLS AND CONCEPTS:

MUSCULAR STRENGTH, MUSCULAR ENDURANCE, COOPERATION

## EQUIPMENT:

QR CODE DICE, NUMBERED DICE, DEVICES WITH QR CODE SCANNER APP

## ORGANIZATION:

DIVIDE THE STUDENTS INTO GROUPS. EACH GROUP WILL NEED A NUMBERED DIE, A QR CODE DIE AND A DEVICE WITH QR SCANNING APP.

## ACTIVITY DESCRIPTION:

STUDENTS WILL TAKE TURNS ROLLING THE DICE. AFTER THE ROLL, THE SAME STUDENTS WILL ALSO SCAN THE QR CODE TO SEE THE TYPE OF EXERCISE THE GROUP WILL PERFORM. THE NUMBER THEY ROLLED WILL BE THE SET AMOUNT THEY WILL PERFORM OF THE EXERCISE.

# Variations

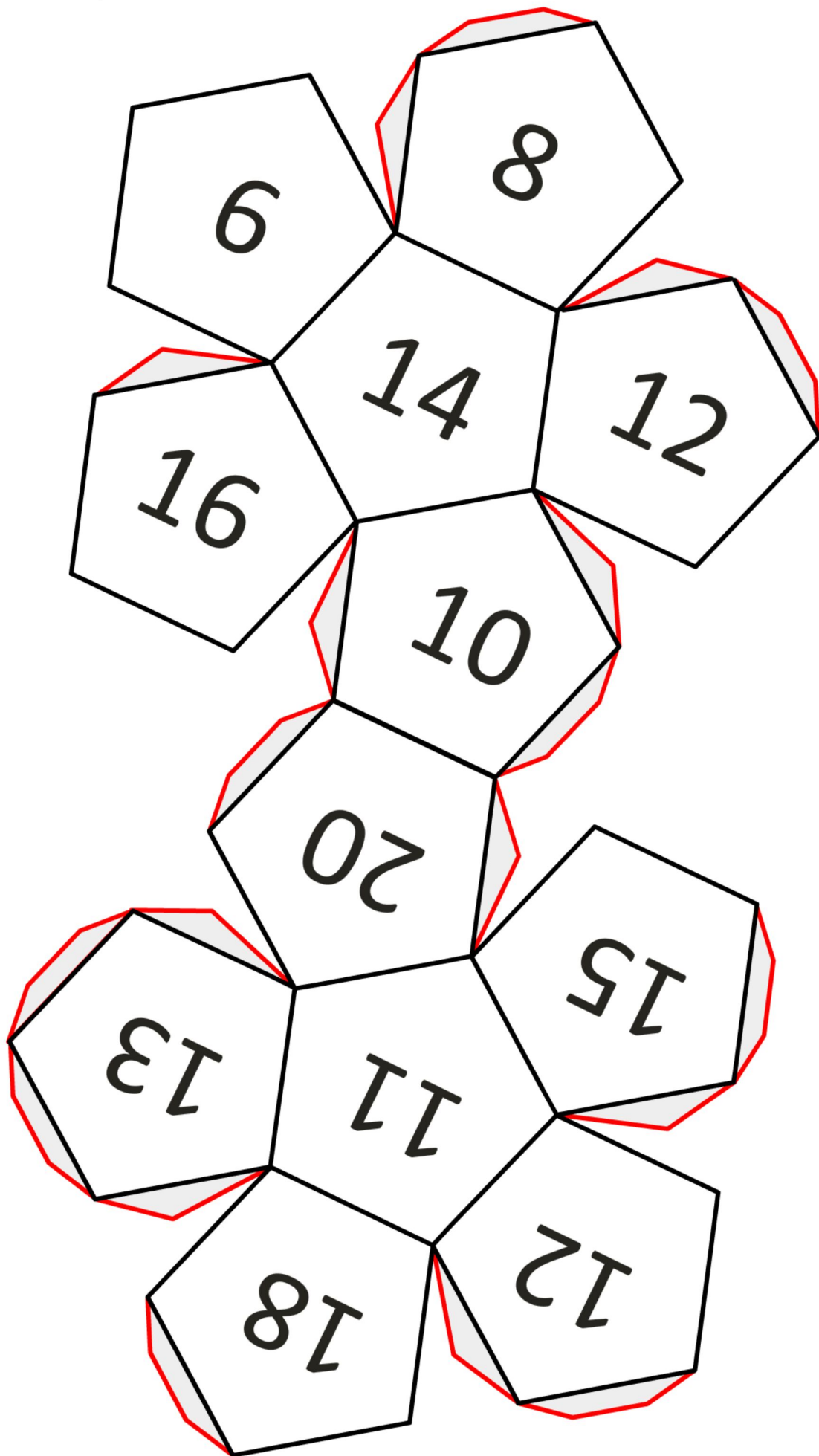
THESE DICE CAN BE USED IN MULTIPLE WAYS AND ACTIVITIES. HERE ARE SOME EXAMPLES I CAME UP WITH. WOULD LOVE TO HEAR HOW YOU USE THEM SO PLEASE SEND ME AN EMAIL: [GEPETTO652@GMAIL.COM](mailto:GEPETTO652@GMAIL.COM)

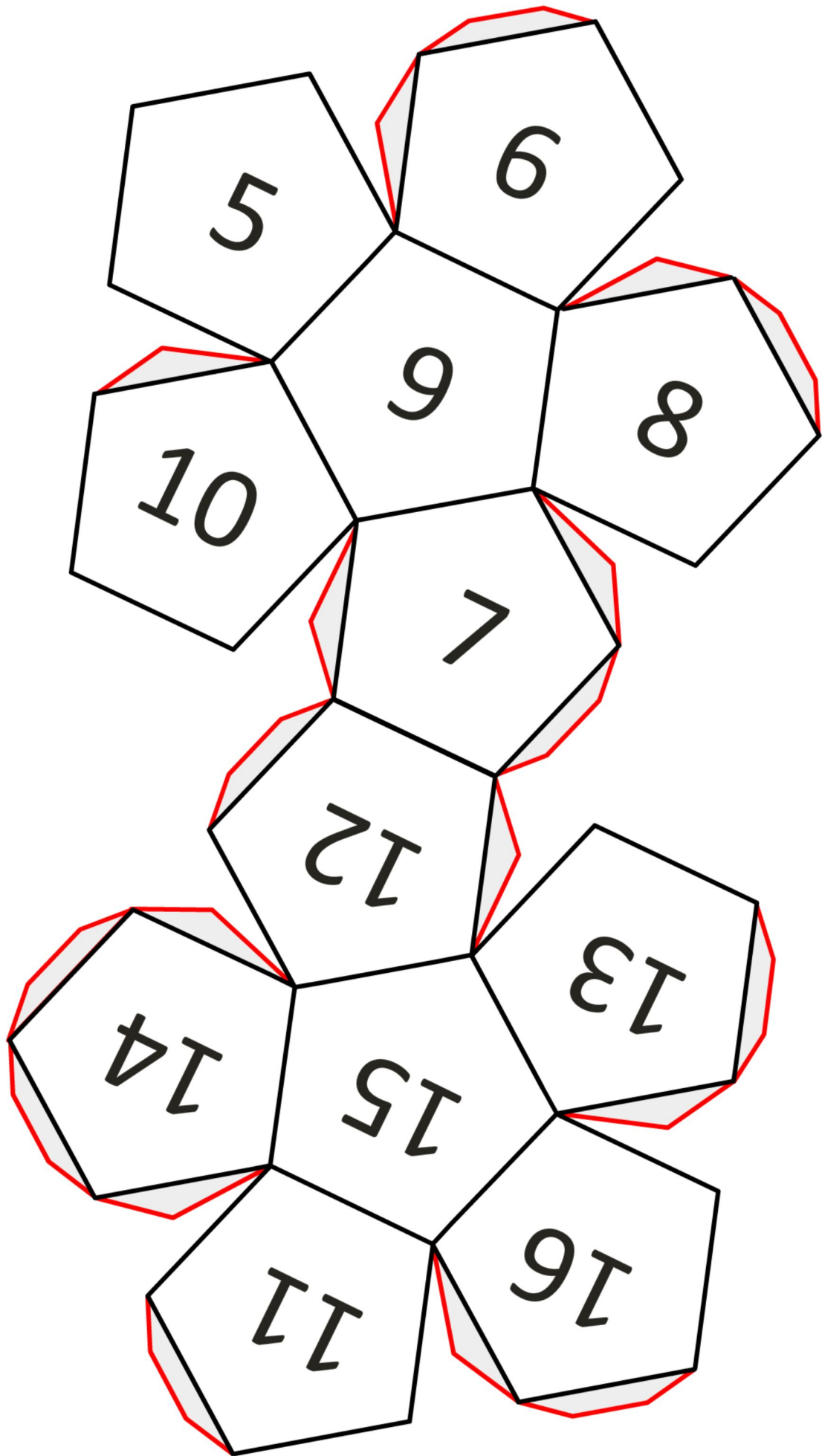
1. STUDENTS IN SMALL RELAY LINES AND TAKE TURNS RUNNING TO OPPOSITE SIDE OF GYM TO ROLL THE DICE AND SCAN. GO BACK AND PERFORM EXERCISE WITH TEAM.
2. GIVE EVERY STUDENT A NUMBER DIE, QR CODE DIE AND DEVICE FOR SCANNING. THEY WILL ROLL ON THEIR OWN AND PERFORM THE ACTIVITY THEY SCAN.
3. PLACE HULA HOOPS AROUND PERIMETER OF THE GYM WITH A NUMBER DIE, QR CODE DIE AND DEVICE IN EACH HOOP. STUDENTS WILL JOG 2 LAPS. AFTER 2 LAPS THEY WILL STOP AT A HULA HOOP, ROLL THE DICE AND SCAN THE QR CODE. THEY WILL PERFORM THE EXERCISE THEN JOG 2 LAPS AGAIN.

CREATED BY: BENJAMIN PIRILLO

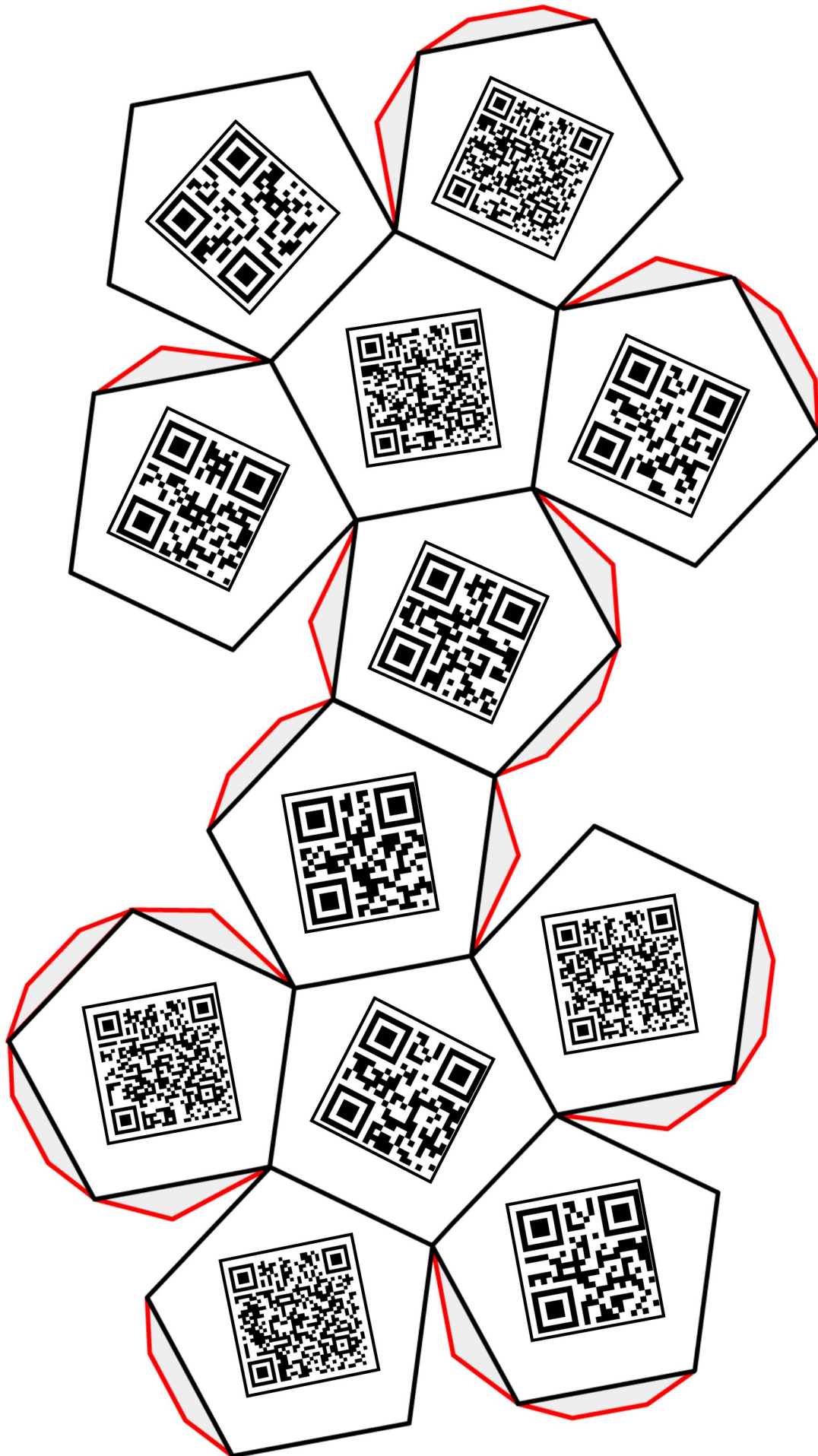
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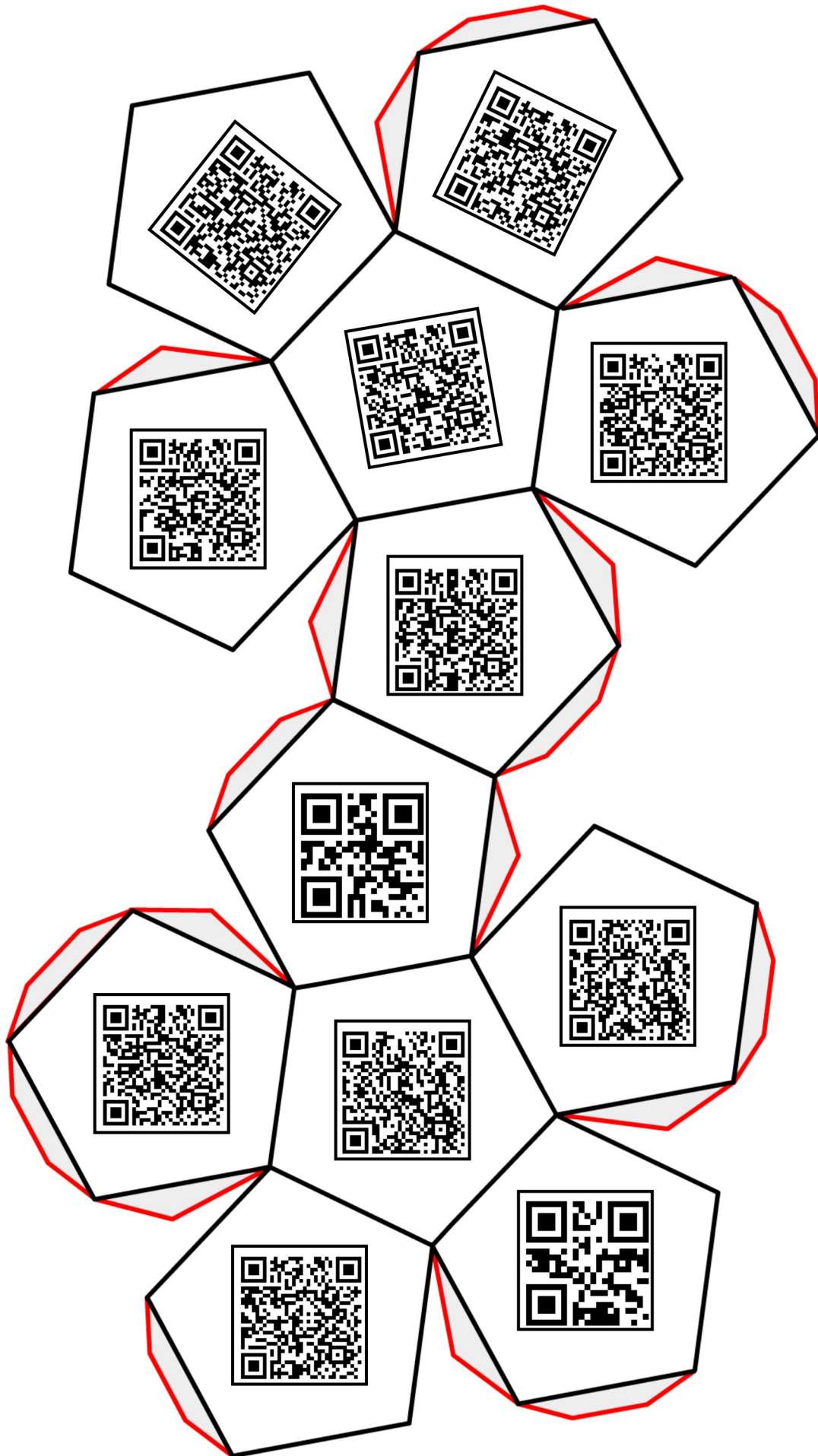


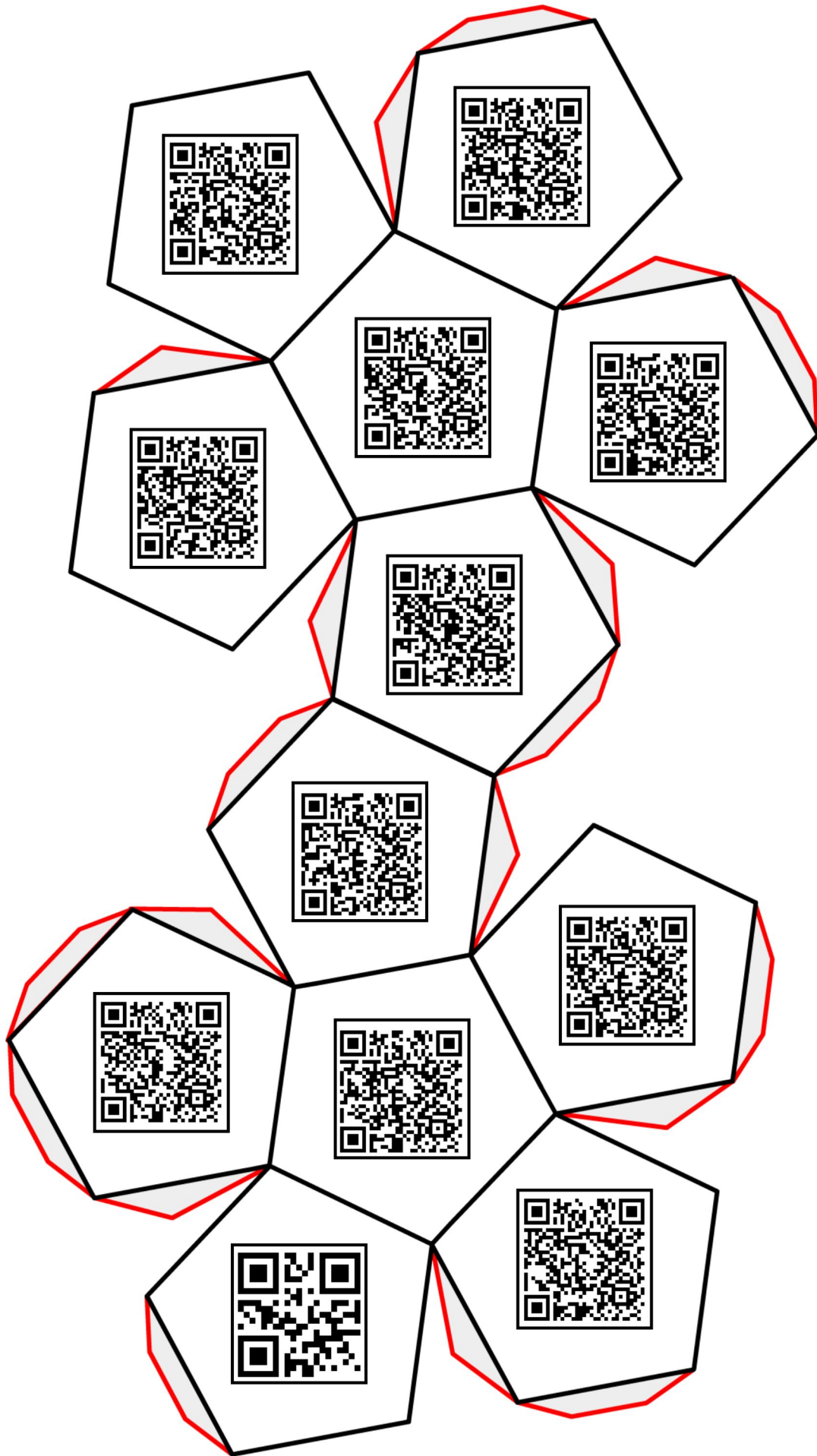


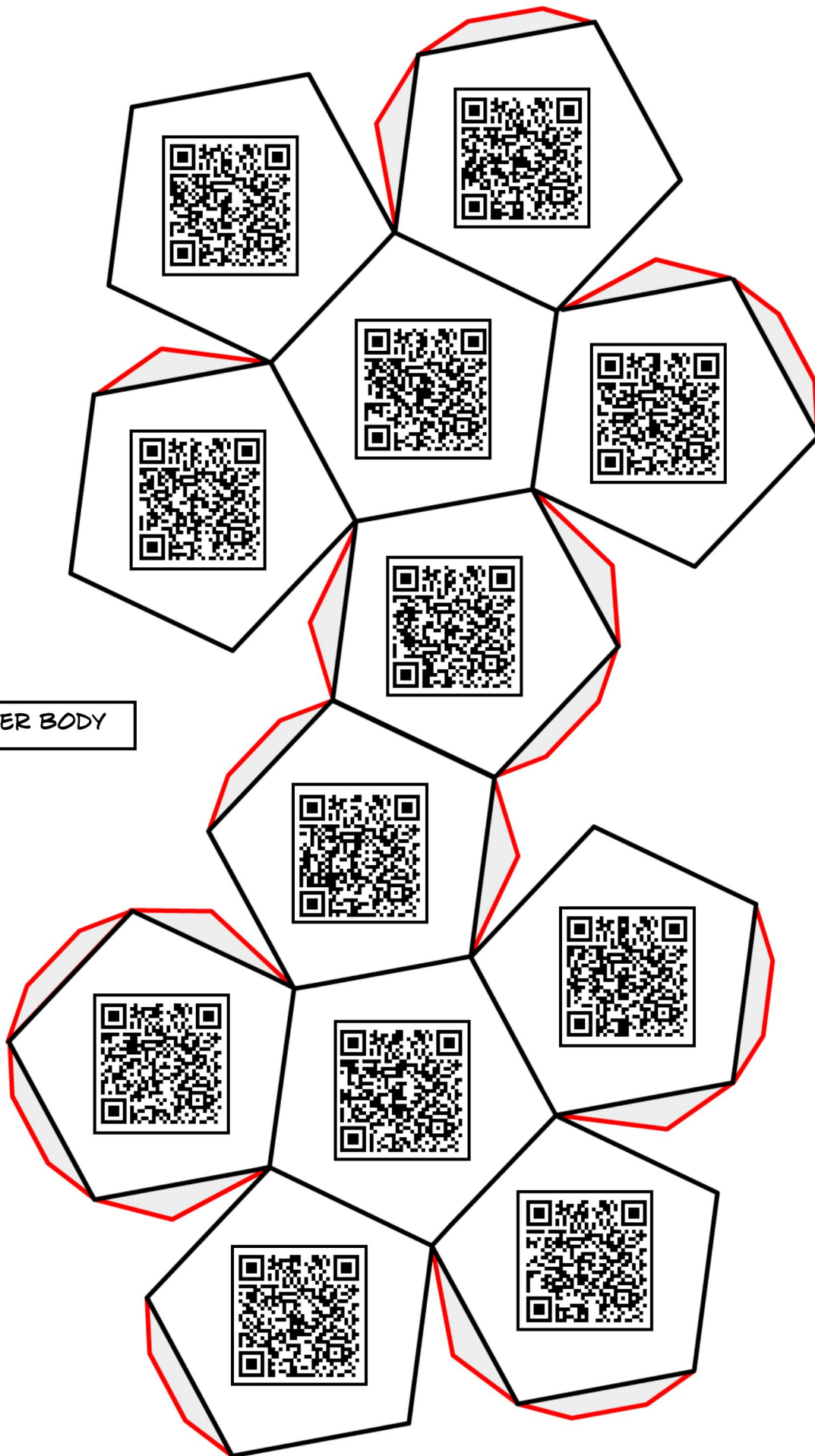






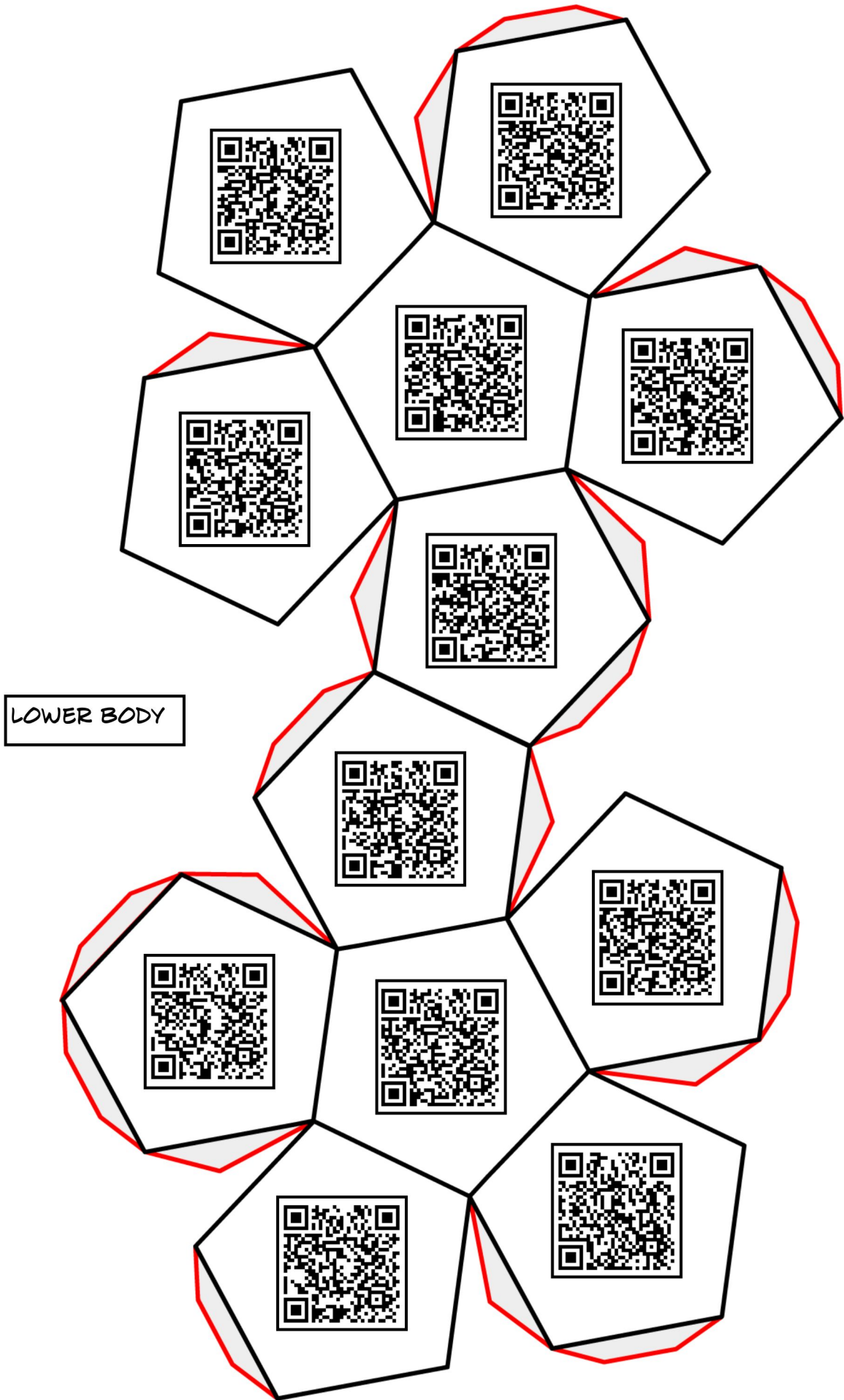


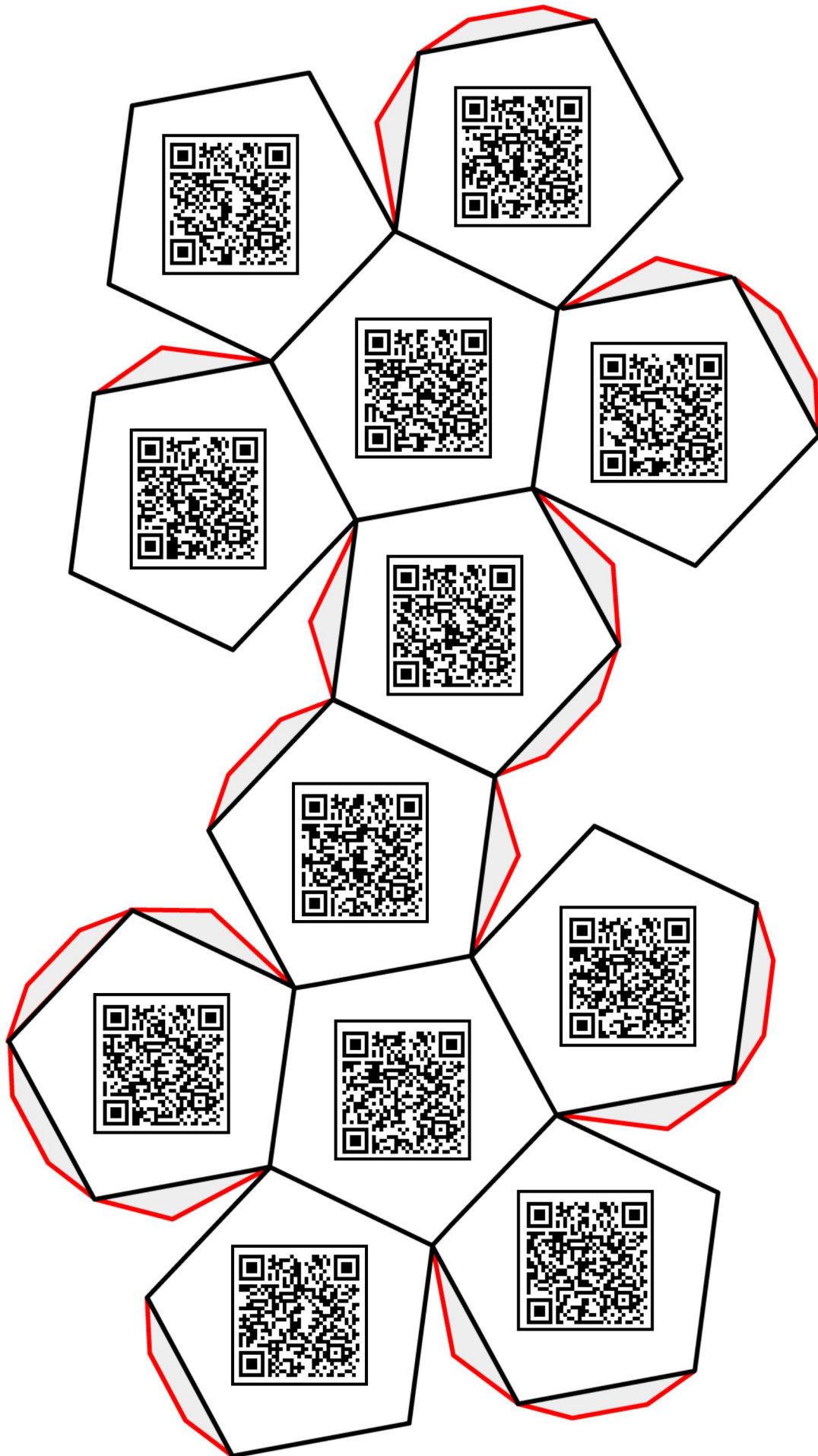


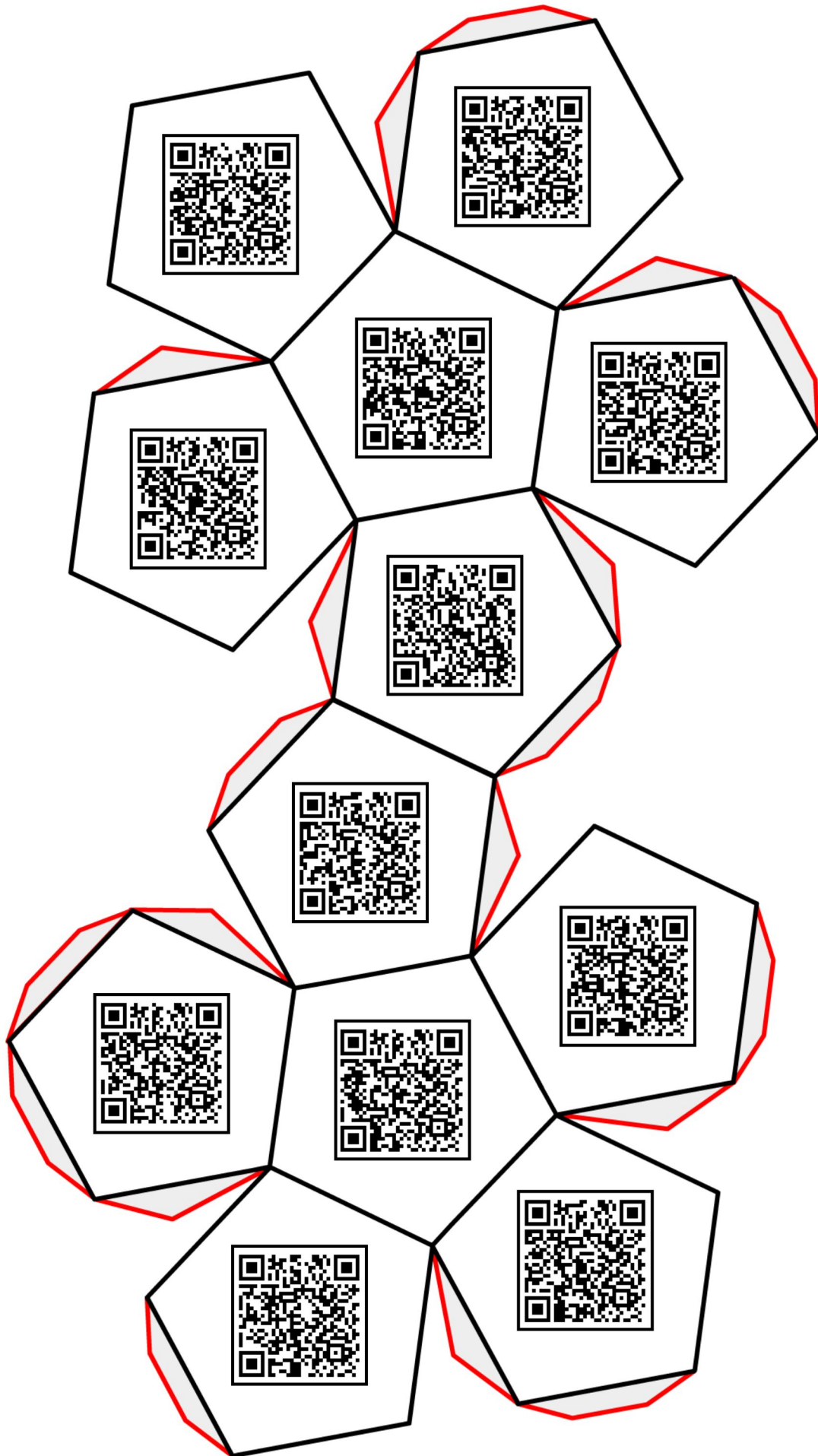


UPPER BODY

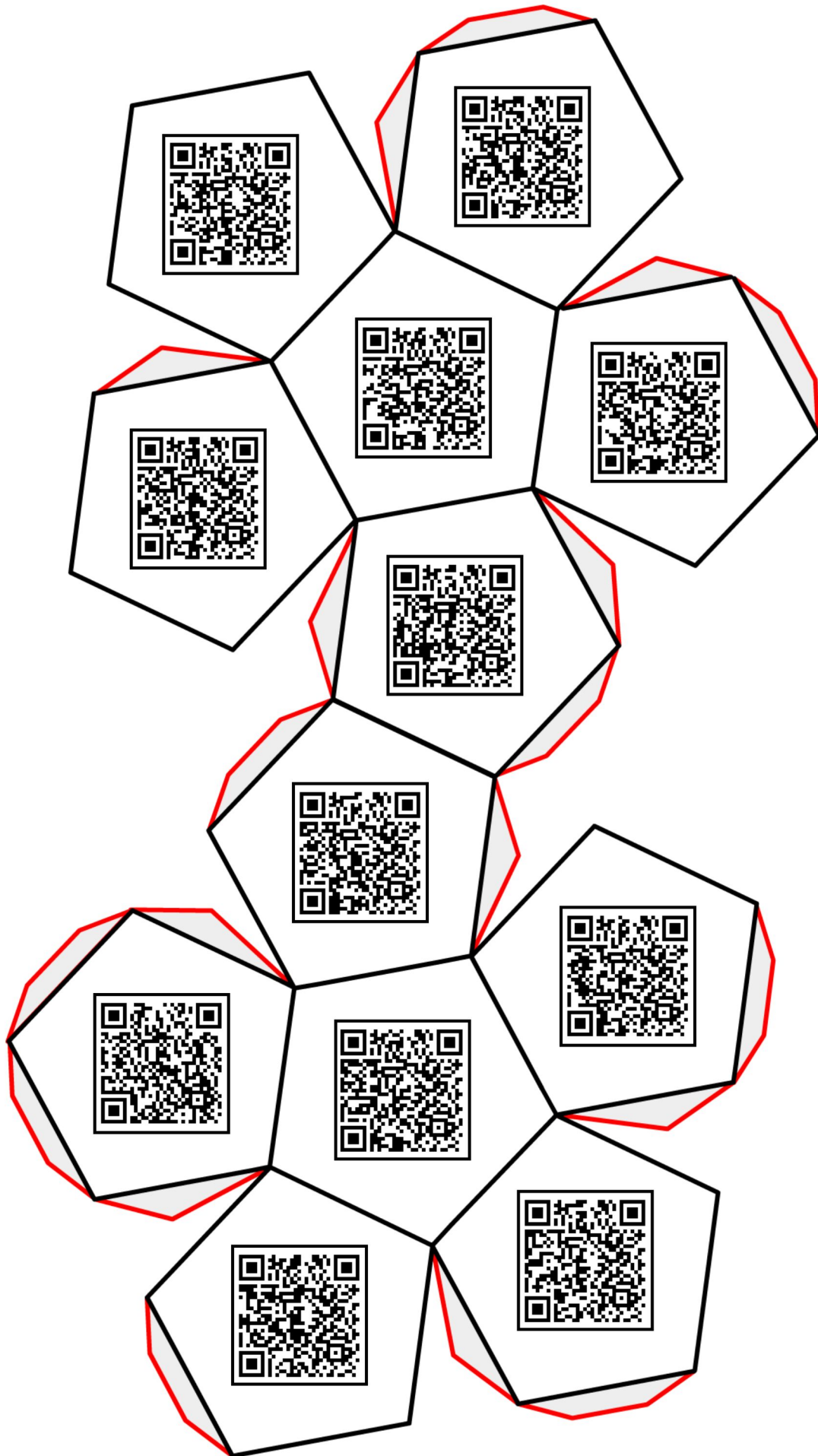


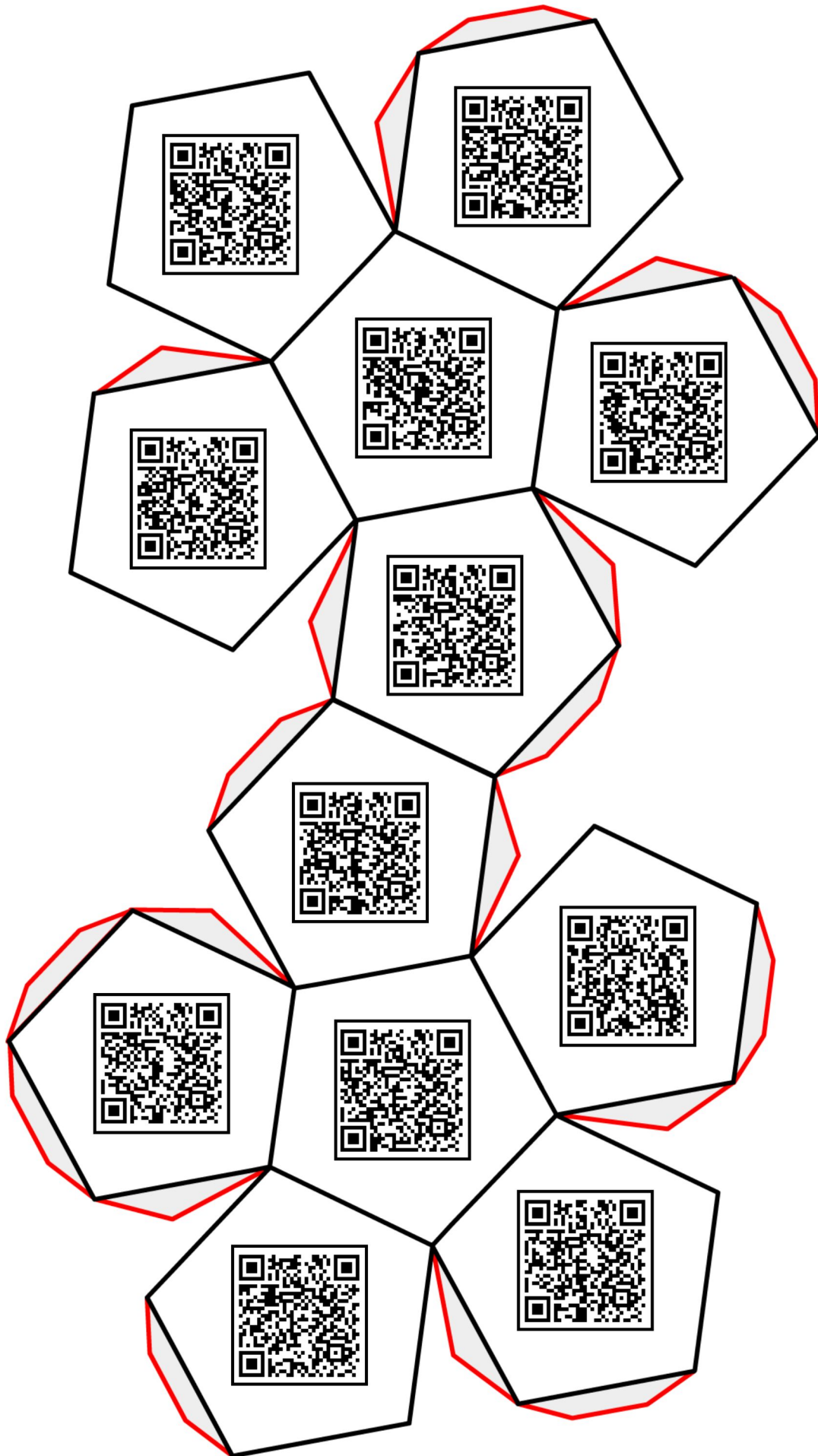


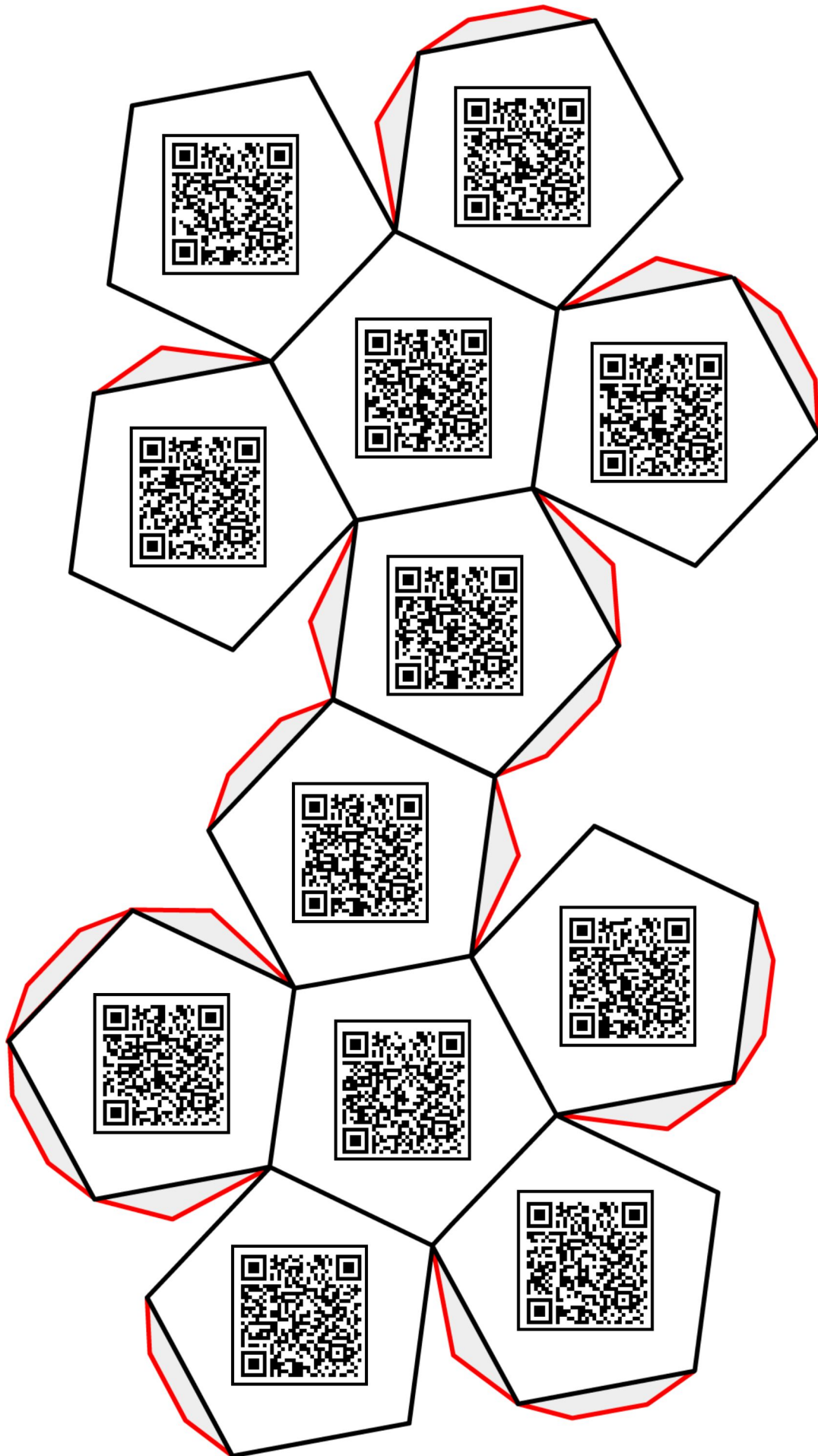






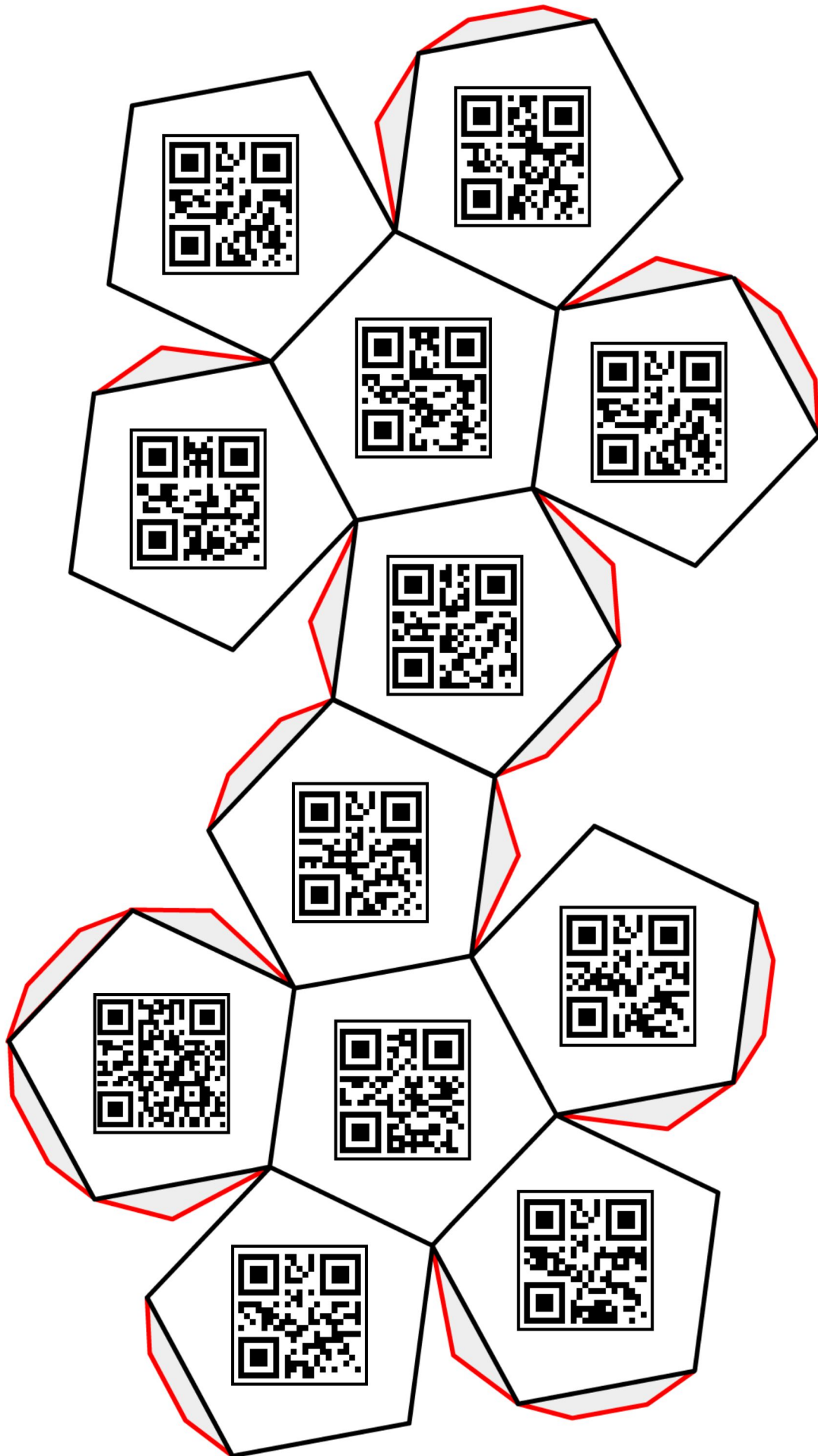


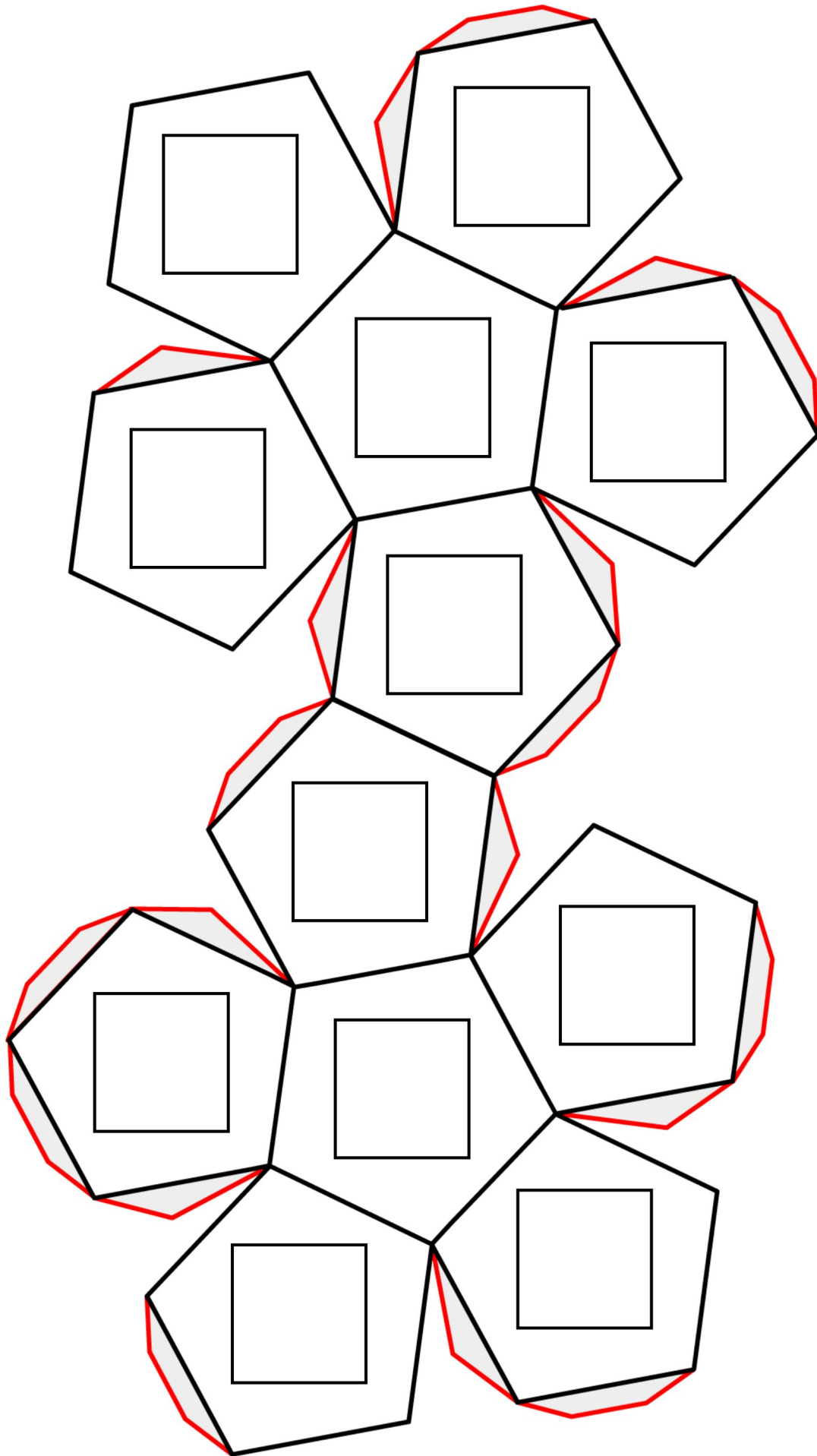














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