

1.7 COUNTER-ACTIVE

Objective: Counting on and back to 100.

Instructions

1. Make or print a 1-100 number square.
2. Roll two dice and move a counter along that number of times, starting at 1, and counting aloud as you pass each number. Let's say you rolled a 5 and a 2, making 7.
3. Do 7 of your choice of exercise activity, e.g. star jumps.
4. From this number roll again, move the counter and count on from where you are. So, if you rolled a 6 this time, you would start at 7 (where you are), and say the numbers as you pass each one, until you have moved six more, to 13. Do (e.g.) six of another exercise activity.
5. Continue until you reach 100. How many rolls of the dice do you think it might take to get there? How many exercises did you do?

Challenge

Can you count backwards from 100, rolling the dice each time?
Remember to exercise each time as well!

