



WEEK 2

HAMPSHIRE SCHOOL GAMES MARK MAY

WEEKLY WARM UP: Roll the Dice



- Grab yourself a dice. If you do not have one, try making your own!
- You will need to roll the dice twice.
- First roll will determine what you must do. Second roll is for how long.
- Keep going until you have completed every challenge!

FIRST
ROLL



Star
Jumps



Tuck
Jumps



High
Knees



Burpees



Squats



One Leg
Hop

SECOND
ROLL



10
seconds



20
seconds



30
seconds



40
seconds



50
seconds



60
seconds