Race to 100

Players have their own card. This activity can be done whole class, small groups, or against another person. Can be done in individual space while also playing against others.

- Each player has their own 100s sheet and a die.
- Players roll at the same time.
- Roll the die, perform the exercise for designated number of reps, cross off that many numbers or use a marker to keep track of total progress.
- Each roll advances adding the numbers up for total progress.
- Race to be the first one to reach 100
- Must finish by rolling the exact number to get to 100

Sample Board:

Variations:

Race against the clock- give students a designated amount of time to reach 100.

Use a blank board and let students fill in their own choice of exercise or fill in your choices.

Use more than one die, do both exercises, add together to progress along board.

Race to 100

Dice	Exercise
⚀ (1)	**Curl Ups**
⚁ (2)	**Star Jumps**
⚂ (3)	**Side Lunges**
⚃ (4)	**High Kicks**
⚄ (5)	**Push Ups**
⚅ (6)	**Air Bikes**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Race to 100

Dice	Exercise
⚀ (1)	**Mountain Climbers**
⚁ (2)	**Shoulder Touches**
⚂ (3)	**Bicycles**
⚃ (4)	**High Knees**
⚄ (5)	**Scissors**
⚅ (6)	**360 Jumps**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Race to 100

Dice	Exercise
⚀ (1)	
⚁ (2)	
⚂ (3)	
⚃ (4)	
⚄ (5)	
⚅ (6)	

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
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51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100