



Rock 'n' Roll Hops

The Big Idea:

Use dice to practice your math facts and get your body moving! You'll learn multiples of 3, 4, 5, and so on up to 100 or more – not just 10 times the number.

You Will Need:

- ★ Exercise dice: 1 (print and assemble)
- ★ Regular dice: 2 (If you don't have a pair of dice at home, you can print and assemble our paper dice)
- ★ Optional: scratch paper and a pencil

The Math Behind the Scenes:

In this get-up-and-move game, kids practice multiples within 100. This builds true fluency and self-confidence that will make long division and other calculations quick and easy.

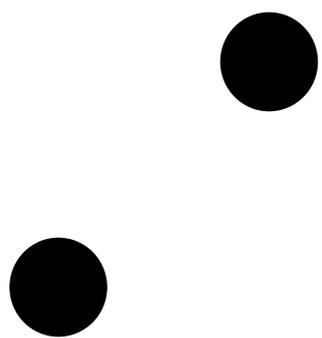
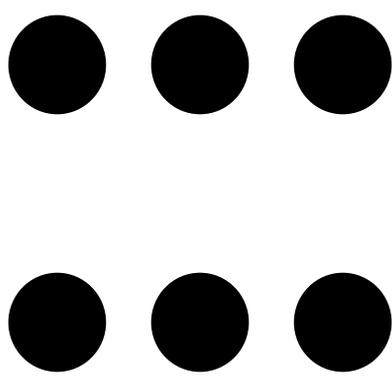
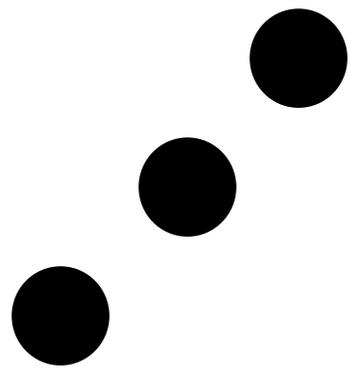
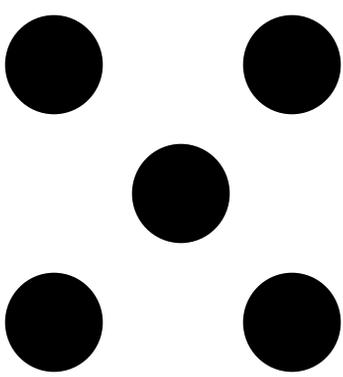
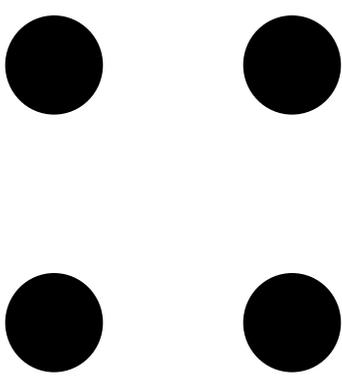
How to Play

1. Roll all 3 dice*.
2. Add the two numbers together and skip count up to 10 times that number while performing the exercise shown. For example, if the numbers on the regular dice are 1 and 2, and the exercise dice shows “hopping,” you’ll skip count by 3s all the way to 30 while hopping on each number!
3. If you master up to 10 times each sum, keep going!
4. Encourage kids to do this every day on their own, so they can practice all the different combinations. Kid can write the numbers on scrap paper before doing the exercise, if that helps - it’s all about a path to victory!

** Younger kids can start by rolling 1 regular dice and the exercise dice to work with smaller numbers then add the 2nd regular dice when they’re comfortable with larger numbers.*

Print 2 copies of this page. Cut around the outer edge of the t shape.

Fold each die into a cube and tape the edges.



Print 1 copy of this page for any level.

Cut around the outer edge of the t shape.

Fold into a cube and tape the edges.

dwn!
foɹɹ



dance



march



stand on
1 foot



arm
circles



doy

