

Color Themed Gross Motor Dice

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Graphics: Purchased from [Melonheadz Illustrations](#)
and [Whimsy Clips](#)



Color Themed Gross Motor Dice



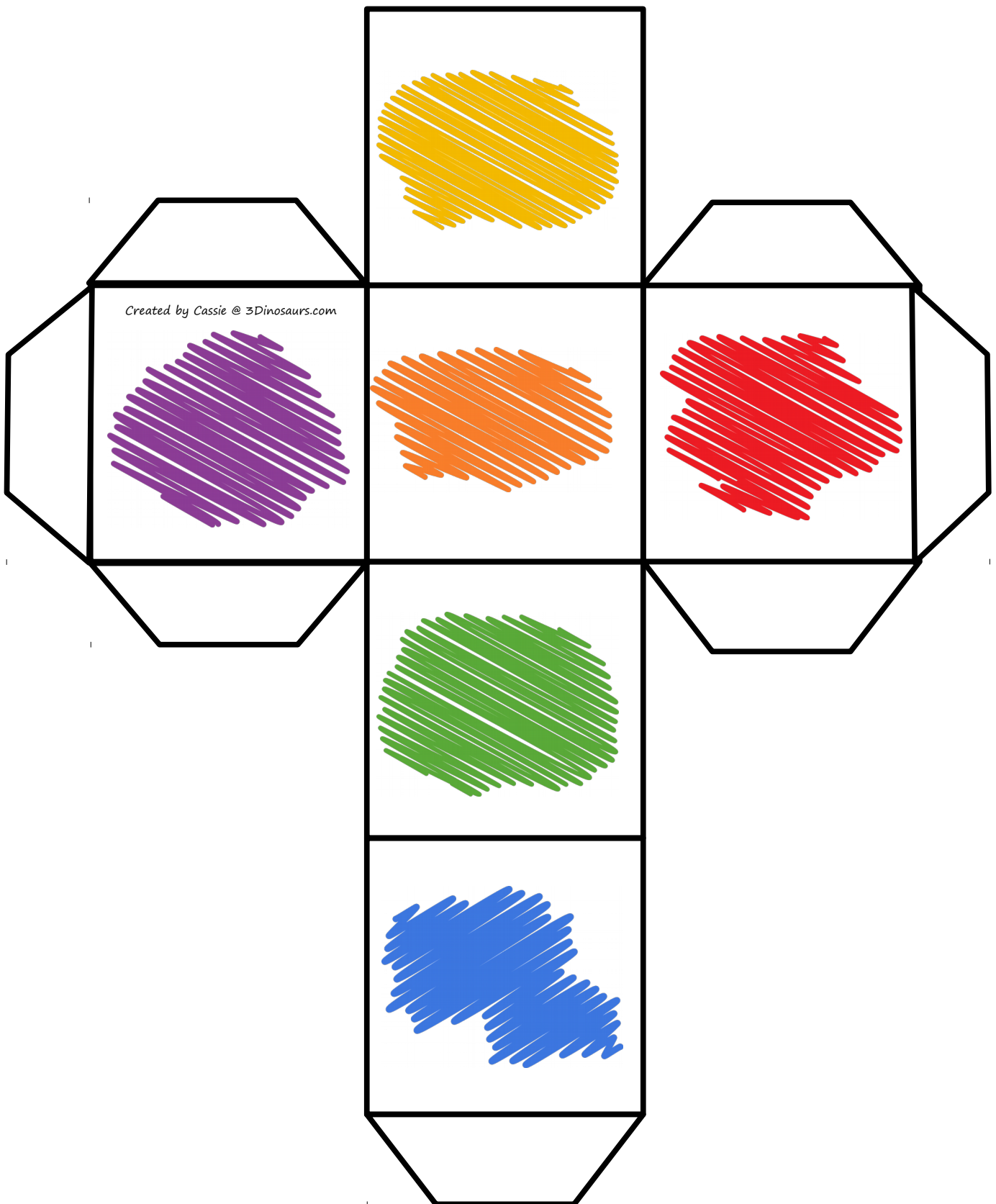
Disclaimer: WARNING

- The activities in these printables are to be done under adult supervision.
- These printables are only ideas and not a replacement for a Physical Education program.
- Please only do activities at your child's current physical activity level. You know your child's activity level best.
- 3 Dinosaurs is not responsible for any injuries that may occur while using these ideas.

Thanks! 3Dinosaurs.com



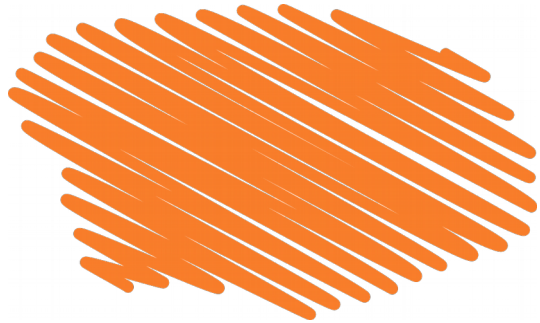
Cut out and fold to make a die.



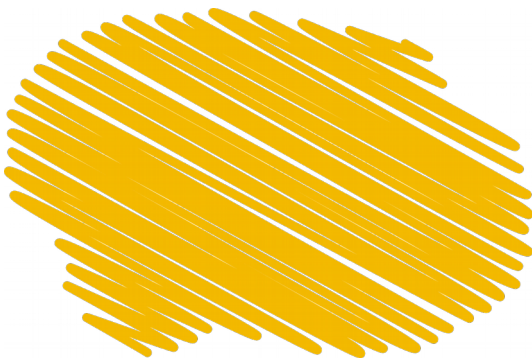
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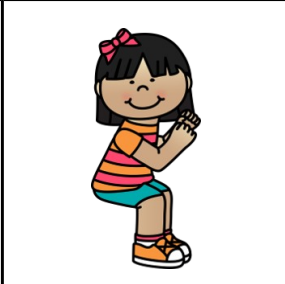
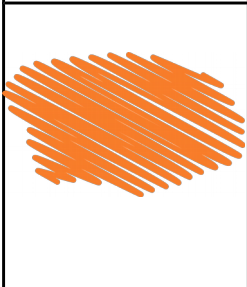

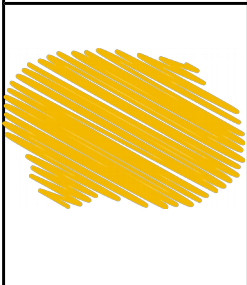
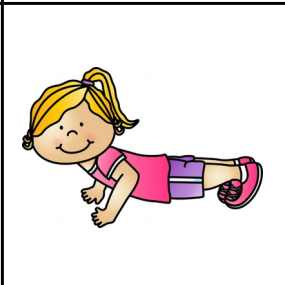
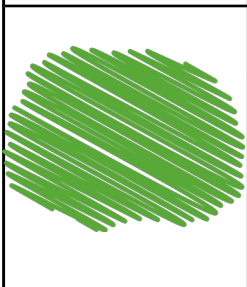
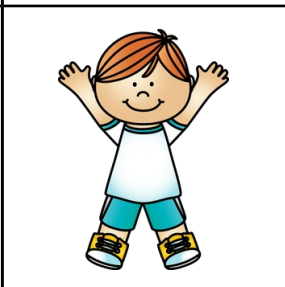
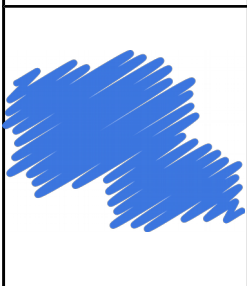
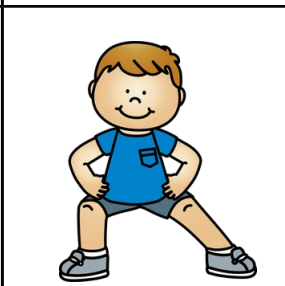
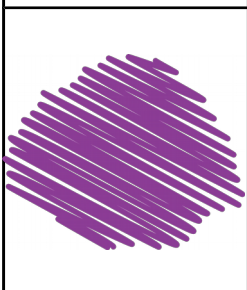
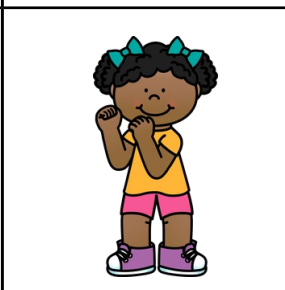


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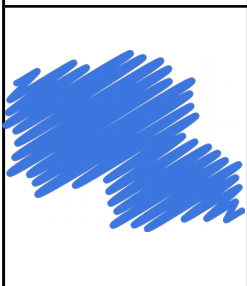
Color Gross Motor Chart

Created by Cassie @ 3Dinosaurs.com

		Squats
		Sit-Ups
		Push-Ups
		Jumping Jacks
		Side Lunges
		Trunk Twists

Color Gross Motor Chart

Created by Cassie @ 3Dinosaurs.com

		Run in Place
		Side Lunges
		March in Place
		Push-Ups
		Toe Your Toes
		Squats

Color Gross Motor Chart

Created by Cassie @ 3Dinosaurs.com

		Push-Ups
		Jumping Jacks
		Run in Place
		March in Place
		Trunk Twists
		Toe Touches

Color Gross Motor Chart

Created by Cassie @ 3Dinosaurs.com

		Trunk Twists
		Run in Place
		Jumping jacks
		Si-Ups
		Push-Ups
		Squats