

Jumping Jack: One Side Gross Motor Dice

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Graphics: Purchased from [Melonheadz Illustrations](#)



Jumping Jack Gross Motor Dice



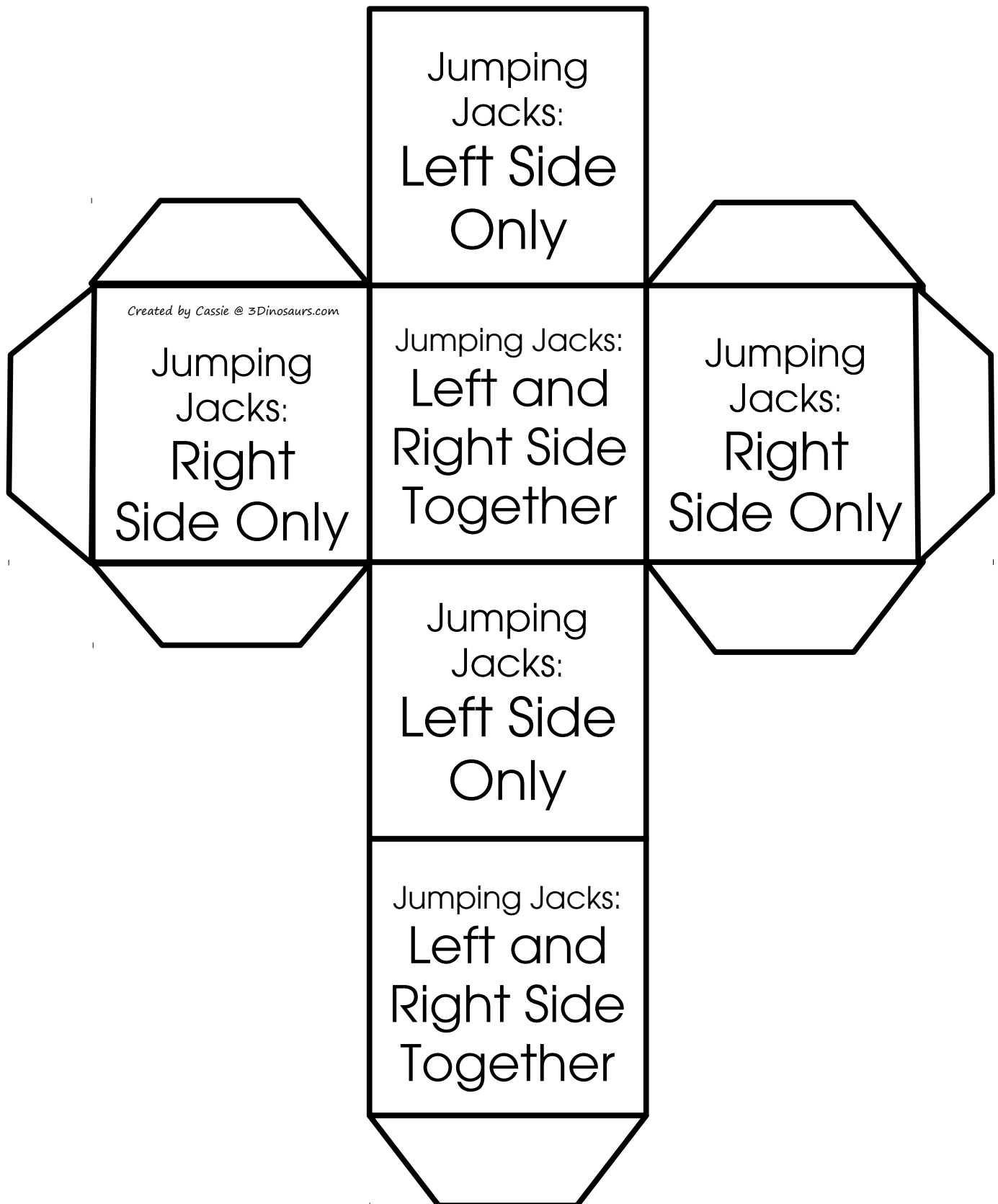
Disclaimer: WARNING

- 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.



Jumping Jacks:
Right and
Left Side
Together

Created by Cassie @ 3Dinosaurs.com

Jumping Jacks:
Right and
Left Side
Together

Created by Cassie @ 3Dinosaurs.com

Jumping Jacks:
Right Side
Only

Created by Cassie @ 3Dinosaurs.com

Jumping Jacks:
Right Side
Only

Created by Cassie @ 3Dinosaurs.com

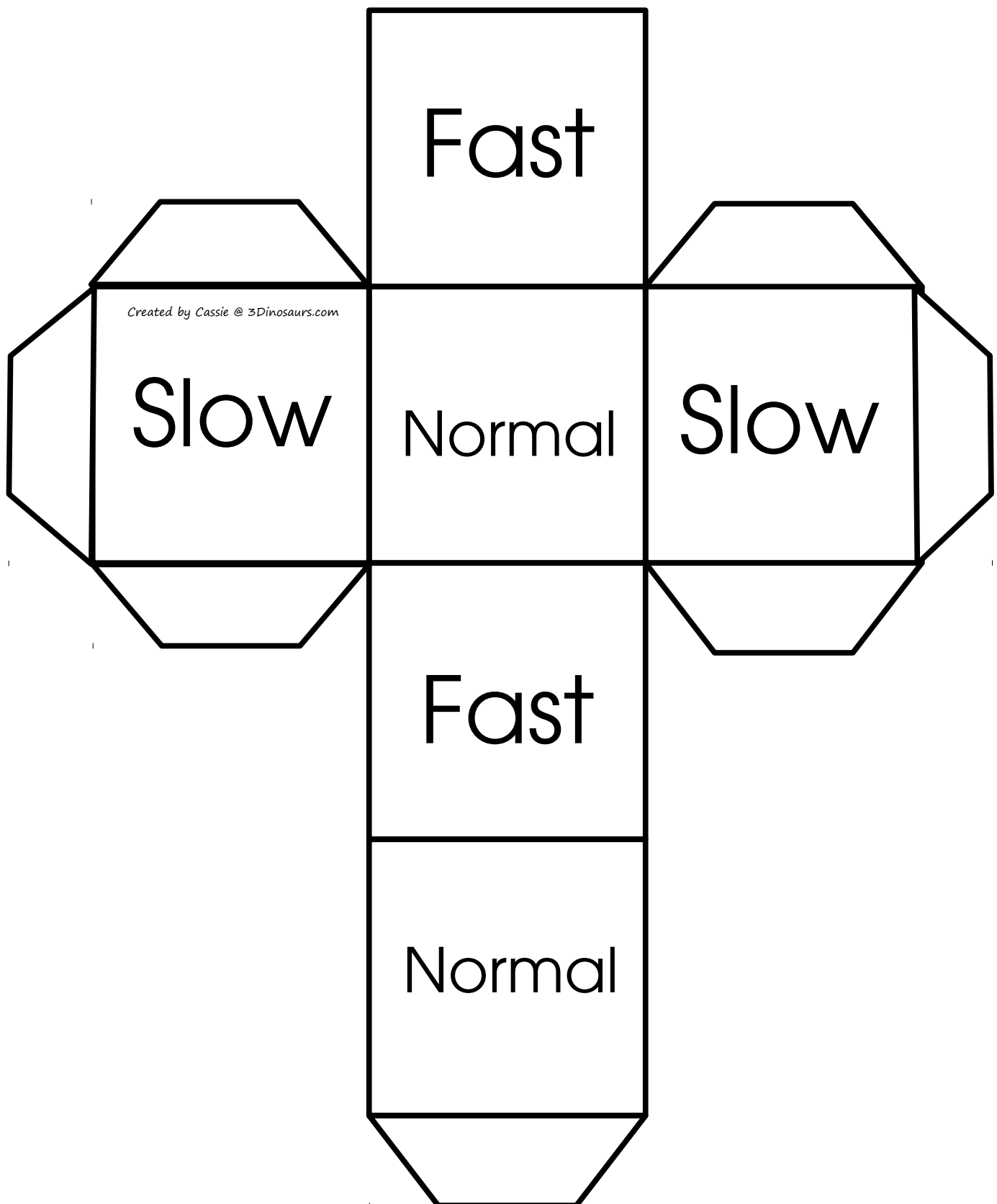
Jumping Jacks:
Left Side
Only

Created by Cassie @ 3Dinosaurs.com

Jumping Jacks:
Left Side
Only

Created by Cassie @ 3Dinosaurs.com

Cut out and fold to make a die.



Fast

Created by Cassie @ 3Dinosaurs.com

Fast

Created by Cassie @ 3Dinosaurs.com

Slow

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Slow

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Normal

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Normal

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