

10 Mins



RANDOM ROUTINES

ランダムルーチン Randamu rūchin

Move & Dance



Activity type

Home

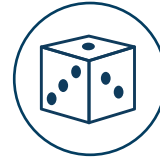
Away

Indoor

Outdoor

Equipment

- Dice
- Music (optional)



How to play



1
Players start in the same space.

3
Keep throwing the dice and practise making different shapes/balances for a few minutes.

2
One player throws the dice. Each player makes a shape (a balance) that has that number of contact points with the floor. If you throw a 2: do a handstand with two hands, or balance on one knee and one elbow, you can make it as hard or as easy as you like.

4
Each player throws the dice and gets a number. (Don't show each other!) Each player moves to a different room and practises making a shape/balance to match their number.

5
Players come back to one room to show off their shapes. Players then make a sequence of the shapes and perform a routine. Add some music!

Variations

- Players teach each other their shapes before doing a joint routine.
- Instead of numbers, use different ideas, e.g. make shapes of letters or copy animal movements.

Challenge yourself

- Can you make a more difficult shape?
- Can you hold your balance without wobbling for longer?
- Can you add some movements between balances?

What next?



Try something similar

Gymnastics, cheerleading, parkour (free running)



Try something different

5km fun run, Nordic walking, athletics, triathlon



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