

Dice Spinner

STAY ACTIVE!

This game offers two versions: an icebreaker team-building version and a fitness-focused version. Both are designed to encourage quick thinking, teamwork, and physical activity.



Learning Intentions

Encouraging Quick Thinking and Reaction

Students will develop their ability to react quickly and think on their feet as they compete to be the first to roll a one, enhancing their mental agility and focus.

Promoting Teamwork and Positive Interaction

Students will work within teams, learning to support each other and contribute to a fun, positive group dynamic, whether in an icebreaker setting or a fitness-focused version.

Incorporating Physical Activity into Team Play

Students will integrate physical movement and exercise into the game, improving their fitness while participating in a lively, engaging activity that blends teamwork with physical challenges.



Success Criteria

Fast and Accurate Dice Rolling

Students consistently roll their dice quickly and accurately, demonstrating their ability to focus and react swiftly during the game.

Active Participation and Team Engagement

Students actively engage with their teammates, encouraging and supporting each other throughout the rounds, contributing to a positive and collaborative atmosphere.

Completion of Physical Challenges

In the fitness version, students successfully complete the assigned physical activities after each round, showing effort and commitment to the game's physical component.



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Objective:

This game offers two versions: an icebreaker team-building version and a fitness-focused version. Both are designed to encourage quick thinking, teamwork, and physical activity.

Players:

Groups of four are adaptable for more participants by increasing the number of teams.

Materials:

Each player needs a six-sided dice.

Setup:

Split the group into teams of four. Ensure each player has a dice.

Option One – Icebreaker & Team Building Game Version

Gameplay:

- **Round Play:** In each round, all four players roll their dice simultaneously, trying to be the first to roll a one.
- **Scoring:** The first player to roll a one yells “stop,” wins the round and earns one point.
- **Penalty for Losers:** Players who don’t roll a ‘one’ perform body spins – one spin to the right and one to the left in round one, increasing by one each round.
- **Game Duration:** Play for five minutes. The player with the most points at the end wins.

Option Two – Fitness Dice Team Game Version

Gameplay:

- **Starting Position:** All players start in a plank position and roll their dice from this position.
- **Scoring:** As in the icebreaker version, the first to roll a one wins the round and gets a point.
- **Fitness Challenge:** Players who don’t roll a one perform physical activity (like one burpee in round one, increasing each round).
- **Game Duration:** Play for five to ten minutes. The player with the most points wins.



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Winning the Game:

In both versions, the player with the most points at the end of the set time wins.

Variations for Different Settings:

- **Children's Edition:** Use simpler movements or funny actions instead of spins or burpees.
- **Staff Edition:** Focus on team dynamics and communication, adding a brainstorming element for each round.
- **Fitness Edition:** Intensify the physical challenges using a variety of exercises like push-ups, squats, or lunges.

Additional Notes:

- The game's versatility makes it suitable for different group sizes and settings.
- It's an excellent way to break the ice, encourage team interaction, or add a fitness element to a session.
- Encourage a fun atmosphere and healthy competition to maximise engagement and enjoyment.

