

Space Invaders



Inspired by the classic arcade game **Space Invaders**, this movement-based game involves rolling dice to target and eliminate invader icons, earning points and completing fitness challenges as a team. The aim is to score the most points within a set time frame.



Learning Intentions

Enhancing Teamwork and Collaboration

Students will work together in teams to strategize and make decisions, improving their ability to collaborate, communicate, and support each other in a shared goal.

Developing Quick Thinking and Problem-Solving Skills

Students will enhance their quick thinking and problem-solving abilities by rapidly deciding on the best course of action during gameplay, whether targeting invaders or completing fitness challenges.

Promoting Physical Fitness Through Active Play

Students will engage in various physical challenges that encourage movement, integrating movement with gameplay to create a fun and active learning experience.



Success Criteria

Effective Team Communication and Strategy

Students demonstrate strong teamwork by effectively communicating and strategizing with their teammates and making informed decisions that contribute to their success in the game.

Accuracy in Targeting and Scoring

Students accurately roll the dice, target invader icons, and calculate their points, showing an understanding of the scoring system and quick maths skills during gameplay.

Completion of Fitness Challenges

Students actively participate in and complete the assigned fitness challenges based on the game's outcomes, demonstrating effort and enthusiasm in integrating physical activity with the game.



Space Invaders



Objective:

Inspired by the classic arcade game Space Invaders, this movement-based game involves rolling dice to target and eliminate invader icons, earning points and completing fitness challenges as a team. The aim is to score the most points within a set time frame.

Players:

Playable in pairs or small teams of three to four players.

Materials:

- A printed Space Invaders game card for each team.
- Two six-sided dice per team.
- A scoring system sheet (included in the attached PDF).

Setup:

Each team receives a Space Invaders game card and two dice and decides on a team name.

Gameplay:

- **Rolling and Targeting:** Teams roll the dice and add the values together to target the closest icon in the corresponding column on the game card.
- **Scoring Points:** Each targeted icon has a point value based on its colour, as the scoring system sheet indicates.
- **Fitness Challenges:** After crossing off an invader, teams roll the dice again to determine which fitness movement to complete, corresponding to the colour of the invader they just eliminated.
- **Double Rolls:** Rolling doubles (two of the same number) allows teams to cross off two icons in the column and earn points for both.
- **Game Duration:** The game is typically played for 10 to 15 minutes.

Winning the Game:

The team with the most points wins at the end of the set time. If there's no clear winner, the team with the highest score is declared the victor.



Space Invaders



Variations for Different Settings:

- **Children's Edition:** Simplify the fitness challenges and use a more straightforward scoring system.
- **Fitness Edition:** Intensify the physical challenges to provide a more vigorous workout.
- **Team Building Edition:** Emphasise teamwork and strategy in choosing and completing challenges.

Additional Notes:

- Space Invaders Dice Battle combines nostalgic elements of a classic video game with physical activity, making it a unique and enjoyable experience.
- It encourages teamwork, quick thinking, and physical fitness in a competitive yet fun environment.
- The game is adaptable to different group sizes and fitness levels, making it suitable for various settings.



TEAM NAME:

TOTAL HITS:

											
											
											
											
											
											
											
											
											
1	2	3	4	5	6	7	8	9	10	11	12



SCORING SYSTEM



ONE POINT



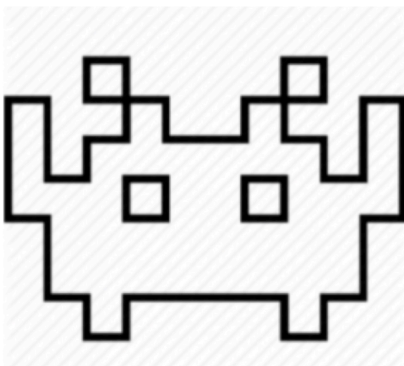
TWO POINTS



THREE POINTS

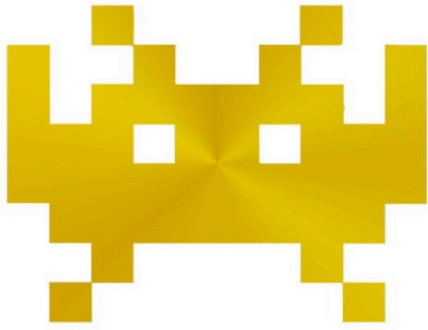


FOUR POINTS



FIVE POINTS

SPACE INVADERS DICE

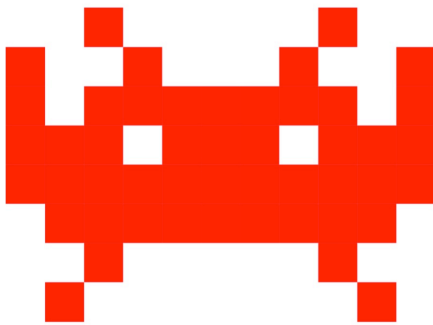


1
2
3

SQUATS
LUNGES
SUMO SQUATS

4
5
6

SQUAT JUMPS
SKI JUMPS
STAR JUMPS

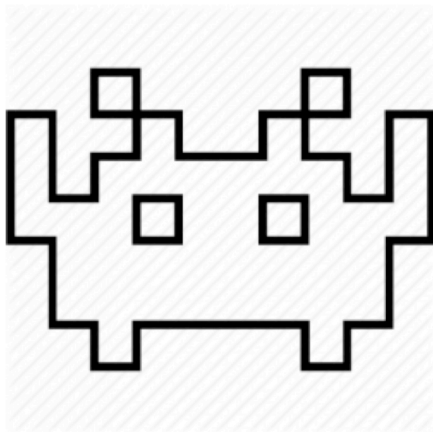


1
2
3

SIT UP
LEG RAISES
BEETLES

4
5
6

MOUNTAIN CLIMBERS
SHOULDER TAPS
PLANK JACKS



1
2
3

DONKEY KICKS
FLAMINGO SQUATS
RUSSIAN TWISTS

4
5
6

SINGLE ARM RAISE
LUNGE JUMPS
IN OUT SQUATS

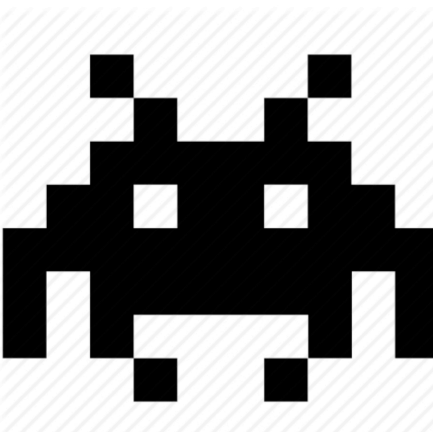


1
2
3

PUSH UPS
COMMANDOS
DIPS

4
5
6

BURPEES
30 SECOND PLANK HOLD
SQUAT THRUSTERS



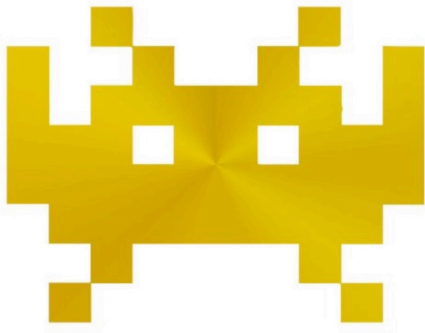
1
2
3

TUCK JUMPS
GLUTEN BRIDGES
V-SITS

4
5
6

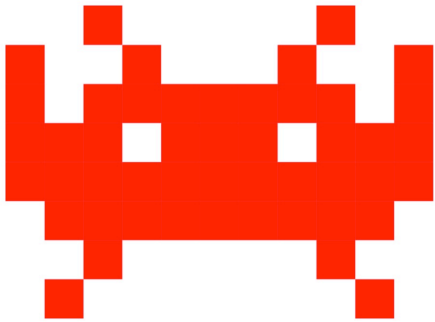
30 SECOND WALL SIT
REVERSE SIT UP
180 DEGREE SQUAT JUMPS

SPACE INVADERS DICE



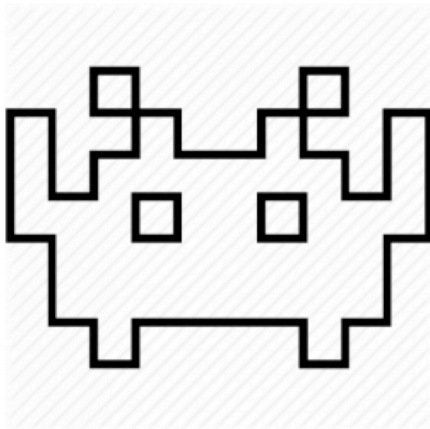
1
2
3

4
5
6



1
2
3

4
5
6



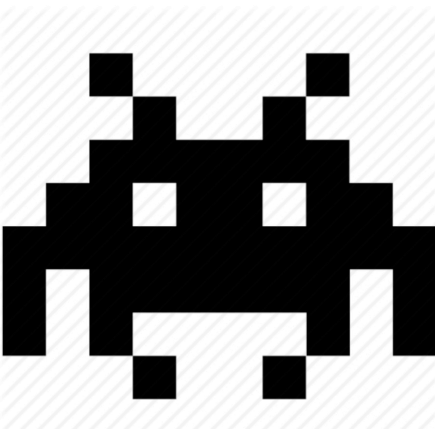
1
2
3

4
5
6



1
2
3

4
5
6



1
2
3

4
5
6
