

# Space Invaders

STAY ACTIVE!

**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

STAY ACTIVE!

## 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

STAY ACTIVE!

## 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:

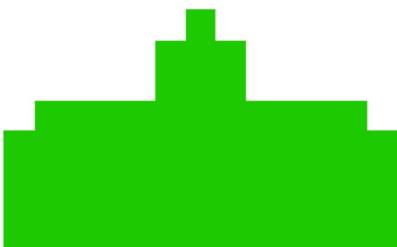
- Space Invaders Dice Battle combines nostalgic elements of a classic video game with physical activity, making it a unique and enjoyable experience.
- It encourages teamwork, quick thinking, and physical fitness in a competitive yet fun environment.
- The game is adaptable to different group sizes and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



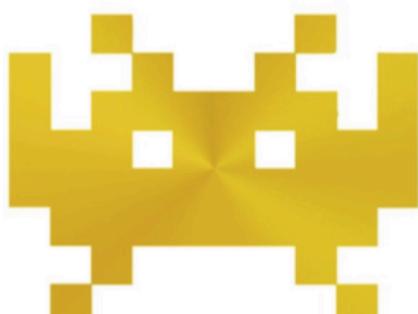
**ONE POINT**



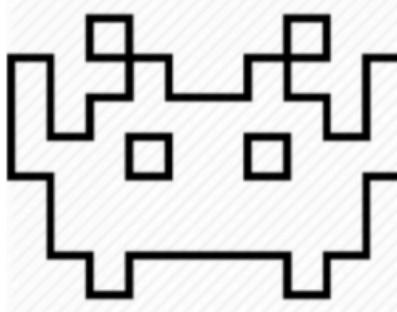
**TWO POINTS**



**THREE POINTS**

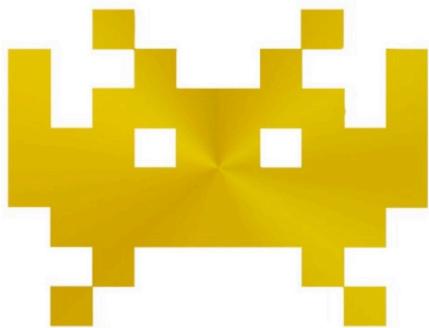


**FOUR POINTS**



**FIVE POINTS**

# SPACE INVADERS DICE

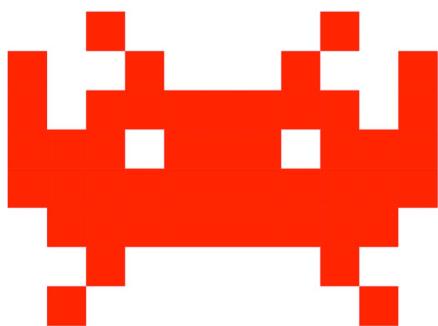


1  
2  
3

SQUATS
LUNGES
SUMO SQUATS

4  
5  
6

SQUAT JUMPS
SKI JUMPS
STAR JUMPS

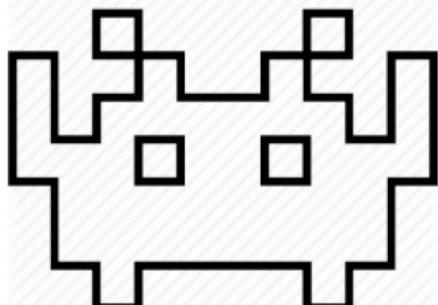


1  
2  
3

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



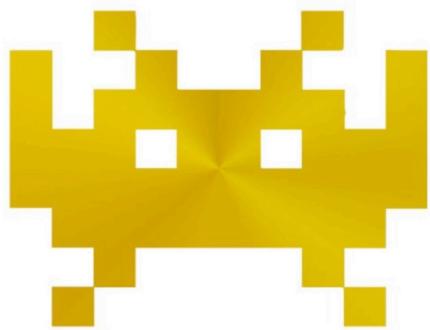
1  
2  
3

TUCK JUMPS
GLUTEN BRIDGES
V-SITS

4  
5  
6

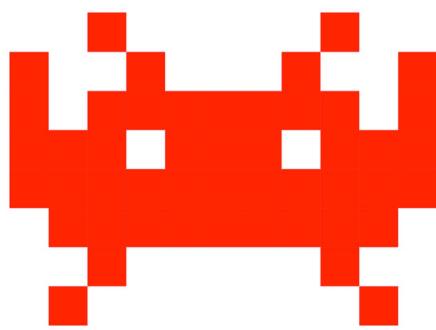
30 SECOND WALL SIT
REVERSE SIT UP
180 DEGREE SQUAT JUMPS

# SPACE INVADERS DICE



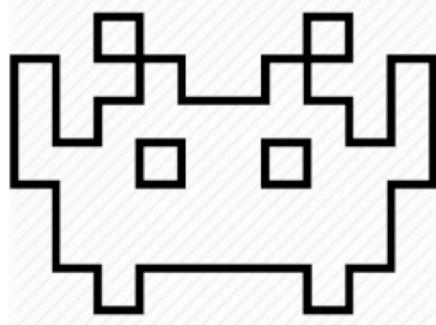
1  
2  
3


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
