

Dice Combos

STAY ACTIVE!

A partner-based game combining fitness challenges with strategic dice rolling. Teams aim to complete a series of exercises by rolling dice and accumulating points, with the goal of achieving the highest score within a ten-minute timeframe.



Learning Intentions

Promoting Teamwork and Cooperation

Students will work closely with their partners to strategise and complete exercises, enhancing their ability to cooperate, communicate effectively, and support each other in achieving shared goals.

Encouraging Physical Fitness and Endurance

Students will engage in a series of physical challenges that improve their fitness levels, focusing on strength, endurance, and overall physical activity.

Developing Strategic Thinking and Decision-Making

Students will practise strategic thinking by deciding how to best accumulate points, balancing the trade-offs between completing higher-rep exercises for more points or lower-rep exercises for faster completion.



Success Criteria

Effective Team Communication and Strategy

Students effectively communicate with their partner, working together to complete exercises and strategise on how to maximise their points within the given timeframe.

Completion of Physical Challenges

Students actively participate in and complete the required exercises based on their dice rolls, demonstrating physical effort, endurance, and commitment to the activity.

Strategic Accumulation of Points

Students successfully accumulate points by balancing the completion of exercises with strategic decisions, showing an understanding of optimising their performance and score within ten minutes.



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Objective:

A partner-based game combining fitness challenges with strategic dice rolling. Teams aim to complete a series of exercises by rolling dice and accumulating points, with the goal of achieving the highest score within a ten-minute timeframe.

Players:

Played in pairs, suitable for any group size.

Materials:

- A six-sided dice for each player.
- A score sheet and pen for each pair.
- Exercise cards with corresponding points for different dice combinations.

Setup:

Distribute a dice, score sheet, and exercise cards to each pair.

Gameplay:

- **Static Holds:** Pairs start in a static hold position, rotating between different holds as they play.
- **Rolling for Order:** Teams aim to roll the dice to get numbers 1 through 6 in sequence, marking each number off their scorecard as they go.
- **Point Station:** Once a team completes the sequence to 6, they run 50 metres to the points station.
- **Exercise and Scoring:** At the point's station, teams roll both dice to get a two-digit number, then complete the corresponding exercise for points. The number of reps equals the combined dice total, split between the two players.
- **Strategy:** Pairs must decide whether to aim for higher reps (and more points) or lower reps for quicker completion.

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Winning the Game:

The pair with the most points wins at the end of the ten minutes.

Variations for Different Settings:

- **Fitness Edition:** Adjust the difficulty and type of exercises to match fitness levels.
- **Children's Edition:** Use more straightforward exercises and shorter durations to keep it fun and engaging.
- **Team Building Edition:** Focus on communication and cooperation, with pairs strategising to maximise their points.

Additional Notes:

- Dice Combos is a dynamic and engaging game that encourages teamwork, physical activity, and strategic thinking.
- The combination of fitness challenges and dice rolling adds a unique and fun element to the workout.
- It's adaptable to different settings and can be modified for varying levels of physical ability.



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Static hold options

Plank	Side plank
Wall sit	V-Sit hold
Squat hold	Shallow rock hold

Points station exercises

Dice combos	Exercise
2	Squats
3	Lunges
4	Sit-ups
5	Leg raises
6	Plank jacks
7	Push-ups
8	Dips
9	Sumo squats
10	Squat jumps
11	Squat thrusters
12	Burpees



Dice Combos



Dice combo game cards

Dice combos	Points per round
1 2 3 4 5 6	
6 5 4 3 2 1	
1 1 1 1 1 1	
2 2 2 2 2 2	
3 3 3 3 3 3	
4 4 4 4 4 4	
5 5 5 5 5 5	
6 6 6 6 6 6	
5 5 3 3 1 1	
2 2 4 4 6 6	
2 4 6 2 4 6	
1 3 5 1 3 5	
6 4 2 5 3 1	
2 3 2 3 2 3	
4 5 4 5 4 5	
1 6 1 6 1 6	

