

# Dice Combos



**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	

