

Ten of a Kind

STAY ACTIVE!

It is a dice-rolling game where individuals or teams aim to roll ten dice to land on the same number. Each roll is accompanied by a specific movement or exercise, making the game both a test of luck and a physical challenge.



Learning Intentions

Develop Physical Fitness through Play:

Students will engage in physical activity through fun, movement-based challenges while participating in a dynamic game, promoting fitness and coordination.

Enhance Teamwork and Strategy:

Students will practise teamwork and communication by strategising within their groups to achieve the goal of matching all ten dice to the same number.

Encourage Perseverance and Focus:

Students will develop perseverance by continuing to roll and complete exercises, maintaining focus on achieving the goal of aligning all ten dice.



Success Criteria

Active Participation in Physical Challenges:

Students actively and enthusiastically complete the physical exercises corresponding to each dice roll, demonstrating engagement in both the physical and game elements.

Successful Matching of Dice Numbers:

Students or teams successfully match all ten dice to the same number through a combination of luck, strategy, and perseverance.

Positive Collaboration and Sportsmanship:

Students collaborate effectively in teams, demonstrating good communication, encouragement, and sportsmanship throughout the game, regardless of winning or losing.



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Objective:

It is a dice-rolling game where individuals or teams aim to roll ten dice to land on the same number. Each roll is accompanied by a specific movement or exercise, making the game both a test of luck and a physical challenge.

Players:

Playable individually or in teams, depending on the number of dice available.

Materials:

- Ten dice for each player or team.

Setup:

Distribute ten dice to each player or team.

Gameplay:

- **Initial Roll:** Players roll all ten dice.
- **Matching Numbers:** If any dice show the same number, they are set aside.
- **Exercise Challenge:** Players complete a specific movement or exercise based on the roll.
- **Subsequent Rolls:** Continue rolling the remaining dice, setting aside those that match the chosen number, and performing the corresponding exercises.
- **Winning:** The first player or team to have all ten dice show the same number wins.
- **Exercise List:** Use the exercise list or create custom movements/exercises suitable for the group.

Winning the Game:

The first to align all ten dice on the same number is crowned the champion.

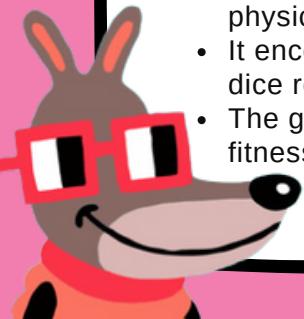
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Variations for Different Settings:

- **Fitness Edition:** Incorporate a variety of challenging physical exercises.
- **Children's Edition:** Use more straightforward exercises and make the game more fun than competition.
- **Customisable Edition:** Adapt the game with custom exercises and rules to suit the group's interests or focus.

Additional Notes:

- Ten of a Kind is a simple yet engaging game that combines elements of luck with physical activity.
- It encourages excitement and engagement among players, with the randomness of the dice rolls adding an element of unpredictability.
- The game is versatile and can be easily adapted to different settings, age groups, and fitness levels.



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Exercise list 1

| Dice rolls | Allocated exercise |
|------------|---------------------------|
| 1 | Star jumps |
| 2 | Sit ups |
| 3 | Push ups |
| 4 | Squats |
| 5 | Leg raises |
| 6 | Donkey kicks |
| 7 | Squat thrusters |
| 8 | Squat jumps |
| 9 | 10 X 10 metre shuttle run |
| 10 | Burpees |

Exercise list 2

| Dice rolls | Allocated exercise |
|------------|-------------------------|
| 1 | Jogging high knees |
| 2 | Reverse sit ups |
| 3 | Commandos |
| 4 | Sumo squats |
| 5 | Mountain climbers (X2) |
| 6 | Shoulder taps (X2) |
| 7 | Lunge jumps |
| 8 | Plank Jacks (X2) |
| 9 | 10X10 metre shuttle run |
| 10 | Burpees |

Blank game template

| Dice rolls | Allocated exercise or movement |
|------------|--------------------------------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

