

Dice Car Racing

STAY ACTIVE!

Dice Car Racing is a team-based game that combines physical activity with dice rolling to simulate a car race. Teams compete to move their 'dice car' across the finish line first by performing exercises corresponding to dice rolls.



Learning Intentions

Promote Physical Fitness through Play:

Students will engage in physical activities that promote fitness, coordination, and teamwork while participating in a fun, dice-based racing game.

Encourage Teamwork and Collaboration:

Students will learn to work together as a team, strategising and supporting each other to advance their dice car toward the finish line.

Develop a Competitive Spirit with Sportsmanship:

Students will experience healthy competition and practise good sportsmanship by encouraging their teammates and respecting the game's outcomes.



Success Criteria

Active Participation in Physical Exercises:

Students actively participate in the physical exercises designated for each spot on the racecourse, completing the required reps and demonstrating engagement in the activity.

Effective Team Collaboration:

Students work collaboratively within their teams, communicating and supporting one another to move their dice car forward in the race successfully.

Positive Attitude and Sportsmanship:

Students maintain a positive attitude throughout the game, showing good sportsmanship by encouraging their teammates and showing respect for the other teams, regardless of the outcome.



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Objective:

Dice Car Racing is a team-based game that combines physical activity with dice rolling to simulate a car race. Teams compete to move their 'dice car' across the finish line first by performing exercises corresponding to dice rolls.

Players:

Players are divided into six teams, each represented by a number from one to six.

Materials:

- Seven six-sided dice.
- A printed game card or a deck of 'Fun Fitness Daily Mission Cards'.

Setup:

Form six teams and assign each a number from one to six. Set up a racecourse with designated spots for each team's dice.

Gameplay:

- Rolling the Dice:** The instructor rolls a dice to determine which team's dice moves forward on the racecourse.
- Exercise Challenge:** All teams perform ten reps of the exercise designated for that spot on the racecourse.
- Race Progression:** Continue rolling the dice and moving teams' dice forward, with teams performing exercises after each roll.
- Finish Line:** The first team to get their dice across the finish line wins.

Winning the Game:

The winning team is the first to reach the finish line. They can choose a 'punishment' exercise for the other teams.

Variations for Different Settings:

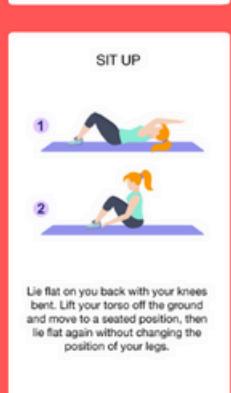
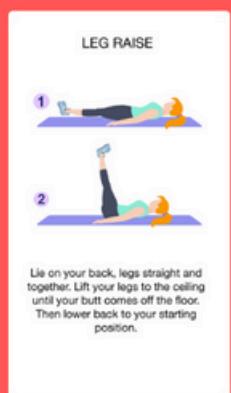
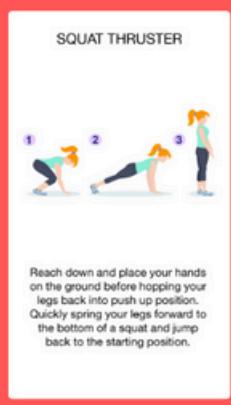
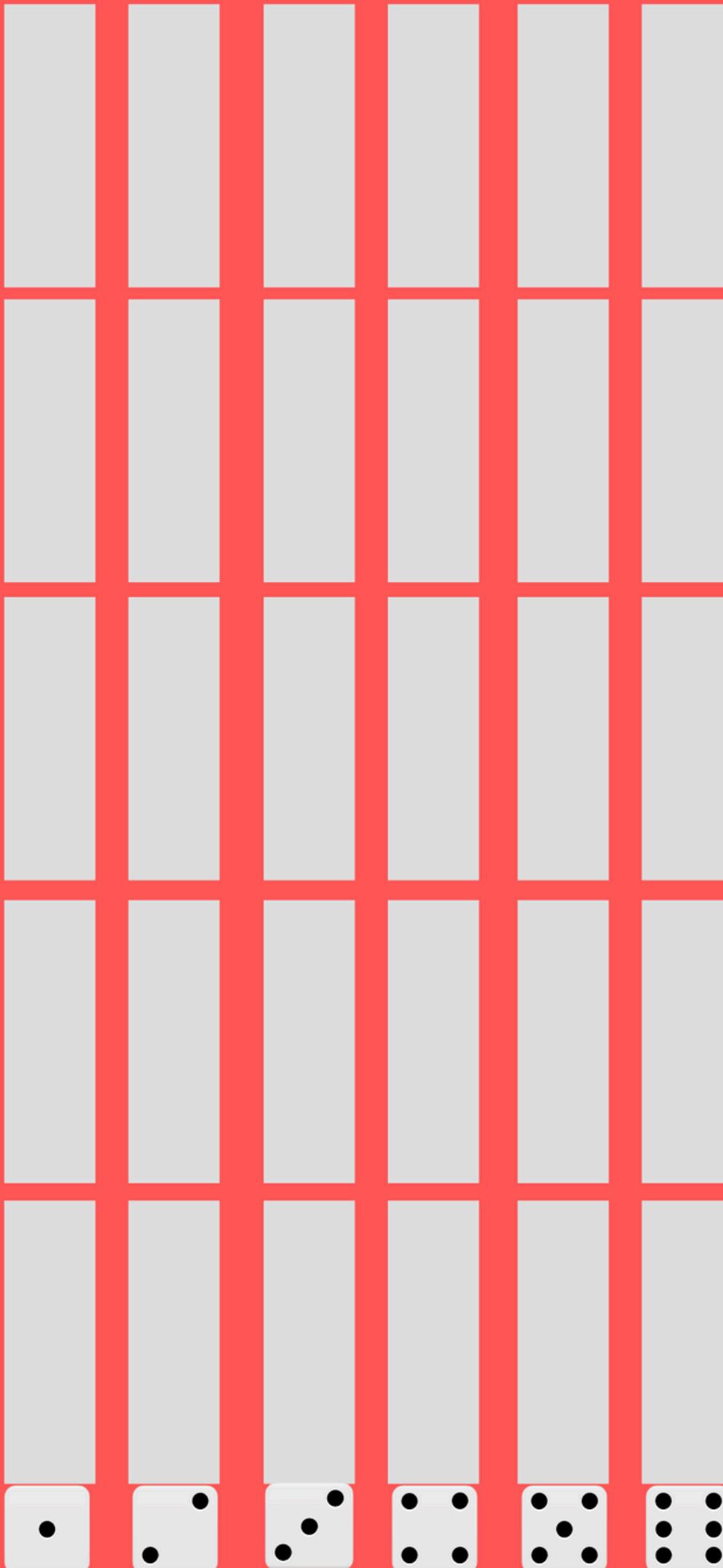
- Children's Edition:** Use more straightforward exercises and shorter race distances.
- Competitive Edition:** Introduce more challenging exercises for fitness enthusiasts.
- Inclusive Edition:** Modify exercises to accommodate all participants' fitness levels and abilities.

Additional Notes:

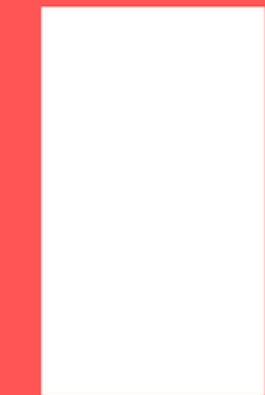
- Dice Car Racing is an exciting and engaging game that fosters team spirit and friendly competition.
- It combines exercise with the fun and unpredictability of dice rolling.
- The game is adaptable to various group sizes and can be customised with different exercises and challenges.

FINISH LINE

START LINE



START LINE



FINISH LINE