Getting Dicey With It

STAY ACTIVE!

A fun and interactive dice game played in pairs, combining chance with fitness challenges. Players predict whether the sum of two dice rolls will be odd or even, earning points for correct guesses and performing exercises for incorrect ones.

Learning Intentions

Enhance Physical Fitness through Play:
Students will engage in various fitness exercises while participating in a fun, interactive dice game that promotes both physical activity and enjoyment.

Develop Strategic Thinking:
Students will practise making predictions and strategising about the odds or evens of dice rolls, enhancing their ability to think critically and adapt to changing game dynamics.

Foster Teamwork and Communication:
Students will work together in pairs, developing their teamwork and communication skills as they strategise and complete fitness challenges based on the outcomes of the dice rolls.

Success Criteria

Active Participation in Fitness Challenges:
Students successfully complete the assigned exercises when their predictions are incorrect, demonstrating engagement in the physical aspects of the game.

Correct Predictions and Strategic Play:
Students make thoughtful predictions about the outcomes of the dice rolls, demonstrating an understanding of odds and evens while actively strategising to maximise their points.

Positive Collaboration and Sportsmanship:
Students show effective teamwork by communicating with their partners, encouraging each other, and respecting the game's outcomes, whether winning or losing.

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Objective:
A fun and interactive dice game played in pairs, combining chance with fitness challenges. Players predict whether the sum of two dice rolls will be odd or even, earning points for correct guesses and performing exercises for incorrect ones. The twist of stealing points on double rolls adds an extra layer of strategy.

Players:
Played in pairs, adaptable for larger groups.

Materials:
- A six-sided dice for each player.
- A list of exercises for players to complete.

Setup:
Each pair receives two dice and a copy of the exercise list.

Gameplay:
- **Predicting Odds or Evens**: Before rolling, players predict whether the sum of both dice will be odd or even.
- **Rolling Dice:** Players roll their dice simultaneously and add the numbers.
- Scoring Points: If the sum matches their prediction (odd or even), they earn one point and roll again.
- **Performing Exercises**: If the prediction is wrong, players complete the number of squats (or the next exercise on the list) equal to the dice sum.
- **Exercise List:** When players guess incorrectly, they move down the exercise list for each subsequent wrong guess. After reaching the bottom, they start again from the top.
- **Doubles Rule:** Rolling doubles allows a team to complete a 100-metre run, after which they can steal a point from another team.

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Winning the Game:
The team with the most points wins at the end of the set time frame.

Variations for Different Settings:
- **Fitness Edition:** Adjust the exercises to vary in intensity and target different muscle groups.
- **Children's Edition:** Use more straightforward exercises and incorporate fun elements like jumping or dancing.
- **Team Building Edition:** Focus on teamwork and communication, with pairs strategising on predictions and exercise completion.

Additional Notes:
- "Getting Dicey With It" is an engaging game that blends physical activity with the fun of dice rolling and strategy.
- The point-stealing mechanism when rolling doubles adds an exciting dynamic, keeping all teams in contention.
- This game is excellent for warming up or cooling down in a fitness session, as it provides laughter, physical challenges, and an element of surprise.

the school of
PLAY

GETTING DICEY WIT IT

EXERCISE	ODDS	EVENS	POINTS
SQUATS			
SIT UPS			
LUNGES			
STAR JUMPS			
PUSH UPS			
BURPEES			
LEG RAISES			
COMMANDOS			
PLANK JACKS			
TOTAL			

GETTING DICEY WIT IT

EXERCISE	ODDS	EVENS	POINTS
TOTAL			