

Four Corners Dice



A dynamic, team-based game that combines physical activity with answering questions. Teams aim to complete as many laps around four corners of a room as possible within a set time frame, engaging in different movements and responding to various questions at each corner.



Learning Intentions

Promote Physical Fitness and Coordination:

Students will engage in various physical activities, improving their coordination, fitness, and agility while completing different movement challenges around the room.

Encourage Teamwork and Collaboration:

Students will work together in teams to answer questions and complete physical tasks, fostering communication, cooperation, and mutual support.

Develop Critical Thinking and Quick Response:

Students will practice quick thinking and problem-solving as they respond to questions at each corner, integrating mental and physical challenges.



Success Criteria

Active Participation in Physical Movements:

Students actively engage in the different physical activities required at each corner, demonstrating enthusiasm and effort in completing the movements.

Effective Team Collaboration:

Students work well within their teams, answering questions collaboratively and moving through the game with coordination and communication.

Completion of Multiple Laps:

Students demonstrate their ability to balance the game's physical and mental aspects by completing as many laps as possible within the time frame, showing teamwork and focus.



Four Corners Dice

STAY ACTIVE!

Objective:

A dynamic, team-based game that combines physical activity with answering questions. Teams aim to complete as many laps around four corners of a room as possible within a set time frame, engaging in different movements and responding to various questions at each corner.

Players:

Playable in pairs or small teams, adaptable for groups of any size.

Materials:

- A six-sided dice for each team.
- Four game cards with questions and movements, one for each corner of the room.
- Optional: Equipment for alternative movements (e.g., skipping ropes).

Setup:

- Place each of the four game cards in a different corner of the room or in a square layout.
- Distribute a dice to each team.
- Teams start at any one of the four corners.

Gameplay:

- **Roll and Respond:** Teams roll their dice at a corner, with the number rolled corresponding to a question and a movement on the game card.
- **Activity at Corners:** Teams take turns answering the question while all members perform the indicated movement.
- **Movement to Next Corner:** Teams move clockwise to the next corner after completing the question and movement. This can be running or other movements like skipping, hopping, or crawling.
- **Scoring:** Each time a team completes a lap of the four corners, they earn one point.



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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:

- **Educational Edition:** Tailor questions to educational themes or learning objectives.
- **Fitness Edition:** Focus on varied and challenging physical movements tailored to fitness goals.
- **Staff Edition:** Adapt questions to encourage team-building, problem-solving, or workplace-related topics.

Additional Notes:

- Four Corner Dice is a versatile game that encourages teamwork, physical activity, and quick thinking.
- It's a fun way to warm up, break the ice, or engage participants in the main activity of a session.
- The game can be easily customised to suit different themes, age groups, and fitness levels.



Four Corner Dice



Corner One

Dice Roll	Questions to answer	Exercise
One	What's your favourite colour?	Sit ups
Two	What's your favourite food?	Squats
Three	Who is your favourite sports team?	Push ups
Four	What's your favourite movie?	Lunges
Five	What's your favourite TV series?	Leg raises
Six	What's the hobby you like doing most in your free time?	Squat thrusters



Four Corner Dice



Corner Two

Dice Roll	Questions to answer	Exercise
One	What is something I can see at this moment that makes me happy?	Plank jacks
Two	What's the best thing I have done in the last week?	Sumo squat
Three	Today I am excited to see... Because....	Lunge jumps
Four	I get excited when I....	Bicycle crunches
Five	If I had one wish today, I would wish for....	Shoulder taps
Six	Today I am very proud of....	Plank hold



Four Corner Dice



Corner Three

Dice Roll	Questions to answer	Exercise
One	Would you rather apples or bananas?	Wall sit
Two	Would you rather be poor and healthy or rich and unhealthy?	Squat hold
Three	Would you prefer to be famous and have no friends or not be famous and have lots of friends?	Straight leg sit ups
Four	Would you prefer pizza or chocolate?	Squat jumps
Five	Would you rather be tall and overweight or skinny and small in height?	Commandos
Six	Would you rather swim or run for exercise?	Burpees



Four Corner Dice



Corner Four

Dice Roll	Questions to answer	Exercise
One	Count up in 3's until you get to 36 as a group	Donkey kicks
Two	Create a ten second team song for your team	Single arm plank raises
Three	As a team come up with ten rhyming words	Ski jumps
Four	Name five capital cities in Europe	Dips
Five	Name five famous landmarks around the globe	Tuck jumps
Six	Create a team handshake that you use every time you complete one lap of the game	180-degree squat jumps

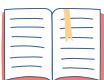


Fibbers Dice

STAY ACTIVE!



Fibbers Dice is a fun, engaging game that combines physical exercise with mental stimulation. Teams roll dice and either truthfully report or bluff about their total to the opposing team. The game involves strategy, bluffing, and physical activity.



Learning Intentions

Develop Strategic Thinking and Bluffing Skills:

Students will practise strategic thinking by deciding when to bluff or tell the truth, enhancing their ability to make quick decisions and assess risks in a fun and engaging context.

Encourage Physical Fitness and Engagement:

Students will engage in physical activity through exercises based on the game's outcomes, promoting fitness while participating in a mentally stimulating activity.

Foster Teamwork and Communication:

Students will work together in teams, improving their communication and collaboration as they decide on strategies and react to the opposing team's actions.



Success Criteria

Active Participation in Bluffing and Strategy:

Students actively participate in the game, making thoughtful decisions about when to bluff and accurately reporting or accusing the opposing team.

Engagement in Physical Challenges:

Students enthusiastically complete the assigned exercises, follow the game's results, and demonstrate an understanding of the game's physical elements.

Effective Team Communication and Cooperation:

Students show good teamwork by collaborating with their teammates, discussing strategies, and ensuring clear communication when bluffing or making accusations.

