

Spring Carnival Racing



A fitness challenge mimicking a race, where participants complete exercises at various stations and advance based on dice rolls. The goal is to reach the finish line, with the challenge intensified by the possibility of staying at the same station or moving back.



Learning Intentions

Promote Physical Fitness and Endurance:

Students will engage in various exercises at different stations, enhancing their physical endurance and overall fitness as they progress through the game.

Encourage Strategic Thinking and Adaptability:

Students will develop adaptability and strategic thinking as they navigate the game, responding to the dice rolls that determine their progression or setbacks at each station.

Foster Fun and Healthy Competition:

Students will participate in a fun, race-like fitness challenge, embracing both the physical and luck-based aspects of the game while promoting teamwork, friendly competition, and sportsmanship.



Success Criteria

Completion of Station Exercises:

Students actively participate in and complete the exercises at each station, demonstrating effort and engagement in the physical fitness aspect of the game.

Adaptation to Dice Roll Outcomes:

Students successfully adapt to the results of their dice rolls, moving forward, staying in place, or moving back, showing an understanding of the rules and maintaining a positive attitude despite challenges.

Positive Engagement and Sportsmanship:

Students enthusiastically participate, encouraging their peers and displaying good sportsmanship, regardless of whether they win or face setbacks due to the dice rolls.



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Objective:

A fitness challenge mimicking a race, where participants complete exercises at various stations and advance based on dice rolls. The goal is to reach the finish line, with the challenge intensified by the possibility of staying at the same station or moving back.

Players:

Suitable for groups of all sizes.

Materials:

- A six-sided dice for each participant.
- Ten stations set up in a line, each with a different exercise.

Setup:

Arrange ten stations about 10 metres apart on a track or open field.

Gameplay:

- **Starting Line:** All participants start at the first station.
- **Exercise and Roll:** Complete the exercise at the station and then roll the dice.
 - **Rolling a 6:** Move ahead two stations
 - **Rolling a 4 or 5:** Move to the next station.
 - **Rolling a 2 or 3:** Stay at the current station.
 - **Rolling a 1:** Move back a station
- **Progression:** Participants work their way along the track, facing increasingly challenging exercises.
- **Finish Line:** The aim is to reach the end of the track.

Modifications:

- Vary race lengths and exercises to mimic different types of races.
- Introduce competitive elements where participants predict winners, with penalties for incorrect guesses.

Winning the Game:

The first participant to reach the final station wins. Fitness levels and luck with dice rolls both play a role in determining the winner.

Additional Notes:

- Spring Carnival Racing is an engaging way to combine physical activity with the excitement of racing.
- The game encourages endurance, fitness, and a bit of luck, making it fun and unpredictable.
- It's adaptable for various fitness levels and can be customised with different exercises at each station.