

# Running Dice

STAY ACTIVE!

Running Dice is a team-based fitness game where participants roll a dice and perform exercises at designated stations based on the number rolled. The aim is to complete as many rounds as possible within a set timeframe, with each round increasing the number of repetitions.



## Learning Intentions

### Promote Physical Fitness and Endurance:

Students will engage in a variety of exercises that challenge both their cardiovascular and strength capacities, improving their overall fitness and endurance.

### Encourage Teamwork and Cooperation:

Students will work together in pairs or small teams, fostering communication, encouragement, and collaboration to complete as many rounds as possible within the set timeframe.

### Develop Strategic Thinking and Goal-Setting:

Students will strategise with their teammates to maximise efficiency and set personal and team goals for completing the most rounds or exercises.



## Success Criteria

### Completion of Multiple Rounds:

Students actively participate in the dice-rolling, running, and exercise challenges, completing multiple rounds and increasing repetitions each time, demonstrating perseverance and effort.

### Effective Team Collaboration:

Students work cooperatively within their teams, encouraging one another, communicating effectively, and contributing to the team's overall progress.

### Positive Attitude and Engagement:

Students maintain a positive attitude throughout the game, participating enthusiastically and supporting their teammates, regardless of the outcome.



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## Objective:

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## Players:

Playable in pairs or small teams of 3 to 4 members.

## Materials:

- A six-sided dice.
- Six markers or cones, each associated with a different exercise.

## Setup:

Set up a 'home station' with the dice. Place six markers or cones 20 metres away from the start line, each representing a different exercise.

## Gameplay:

- **Dice Rolling:** At the home station, participants roll the dice to determine which cone to run to.
- **Exercise Execution:** They run to the corresponding cone and perform one repetition of the assigned exercise.
- **Increasing Repetitions:** After returning to the home station and rolling again, the number of reps increases by one each round.
- **Continuous Play:** The cycle of rolling, running, and exercising continues, increasing the reps with each round.

## Winning the Game:

While the game can be non-competitive, an optional goal is for teams to complete the most rounds in the allocated time.

## Variations for Different Settings:

- **Fitness Edition:** Choose a variety of exercises targeting different muscle groups.
- **Children's Edition:** Use fun, age-appropriate exercises and shorter running distances.
- **Team Building Edition:** Emphasise cooperation and encouragement within teams, players can also choose to support each other by dividing up the repetitions that need to be completed amongst the team.

## Additional Notes:

- Running Dice is an excellent game for promoting fitness, teamwork, and endurance.
- It offers a blend of cardiovascular and strength training in a fun, game-like format.
- The game is adaptable to different fitness levels and can be customised with various exercises.