

# FIBBERS

## *Dice*



# Fibbers Dice

## Instructions

### Objective:

Fibbers Dice is a fun, engaging warm-up 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.

### Players:

Played in two teams, each with five dice.

### Materials:

- Five dice for each team.

### Setup:

Split participants into two teams and distribute the dice.

### Gameplay:


- Dice Rolling: Each team rolls their five dice and calculates the total secretly.
- Bluffing: Teams report their total to the opposition but may choose to bluff.
- Accusations: The opposing team can accept the reported total or accuse them of fibbing.
- Exercises: Depending on whether a team is caught fibbing or makes a false accusation, they perform specific 'punishment' exercises. The winner of the round performs an exercise matching their dice roll for a lower number of reps, and the loser does more reps.

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- **Revealing the Truth:** Teams reveal their actual dice totals after accusations.


## **Winning the Game:**

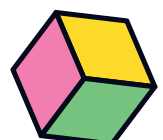
The game can be played for a set number of rounds, with the overall winner being the team with the most successful bluffs or accurate accusations.

## **Variations for Different Settings:**

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- **Educational Edition:** Incorporate math challenges or problem-solving tasks.
  - **Fitness Edition:** Focus on various fitness exercises for both winners and losers of each round.
  - **Team Building Edition:** Emphasise strategy and communication within teams.

## **Additional Notes:**

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- Fibbers Dice is an entertaining game that encourages both physical and mental engagement.
  - The element of bluffing adds a fun twist, making the game unpredictable and exciting.
  - It's adaptable for various group sizes and can be modified to include different types of exercises.



### Exercise list

| Total of dice | Exercise                | Total reps completed |
|---------------|-------------------------|----------------------|
| 5 – 8         | Sumo squat jumps        |                      |
| 9 – 12        | Abdominal leg raises    |                      |
| 13 – 16       | Push ups                |                      |
| 17 – 20       | Alternating lunge jumps |                      |
| 21 - 24       | Double piston sit-ups   |                      |
| 25 - 28       | Dips                    |                      |

# Fibbers dice

|         |                   |  |
|---------|-------------------|--|
| 29 - 30 | Plank jacks       |  |
|         | <b>Total reps</b> |  |

### Fibber's exercises

| Liars act                         | Exercise           |
|-----------------------------------|--------------------|
| Get caught lying about dice value | 10 squat thrusters |
| False accusation                  | 10 burpees         |

### Scorecard

| Round number      | Win/loss and exercise | Fibbers exercises |
|-------------------|-----------------------|-------------------|
| 1                 |                       |                   |
| 2                 |                       |                   |
| 3                 |                       |                   |
| 4                 |                       |                   |
| 5                 |                       |                   |
| 6                 |                       |                   |
| 7                 |                       |                   |
| 8                 |                       |                   |
| 9                 |                       |                   |
| 10                |                       |                   |
| <b>Total reps</b> |                       |                   |