

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.

- **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:

- **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:

- 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	
	Total reps	

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		
Total reps		