

# AREA DICE Challenge

# Area Dice Challenge

## Instructions

### Objective:

A strategic and educational game that combines math skills with physical exercise. Two players compete to cover the most area on a game grid by rolling dice and calculating rectangular areas, followed by performing exercises based on the area covered.

### Players:

Two participants per game card.

### Materials:

- Two six-sided dice for each participant.
- A printed game grid (PDF).
- Two different coloured markers.

### Setup:

Each player starts at opposite ends of the game grid with their dice and markers.

### Gameplay:

- Rolling for Area: Players roll their dice to determine the dimensions of a rectangle they'll colour on the grid.
- Calculating Area: The numbers rolled represent the length and width of the rectangle. Players calculate the area and colour it on the grid.

- **Exercise Challenge:** After colouring, players roll one dice to determine an exercise, performing reps equal to the area they covered.
- **Game Progression:** Players continue rolling, colouring, and exercising, filling up the grid.
- **Game Duration:** Set a time limit or play until the grid is full.

## Winning the Game:

The winner is the player who colours the largest total area on the grid.

## Variations for Different Settings:

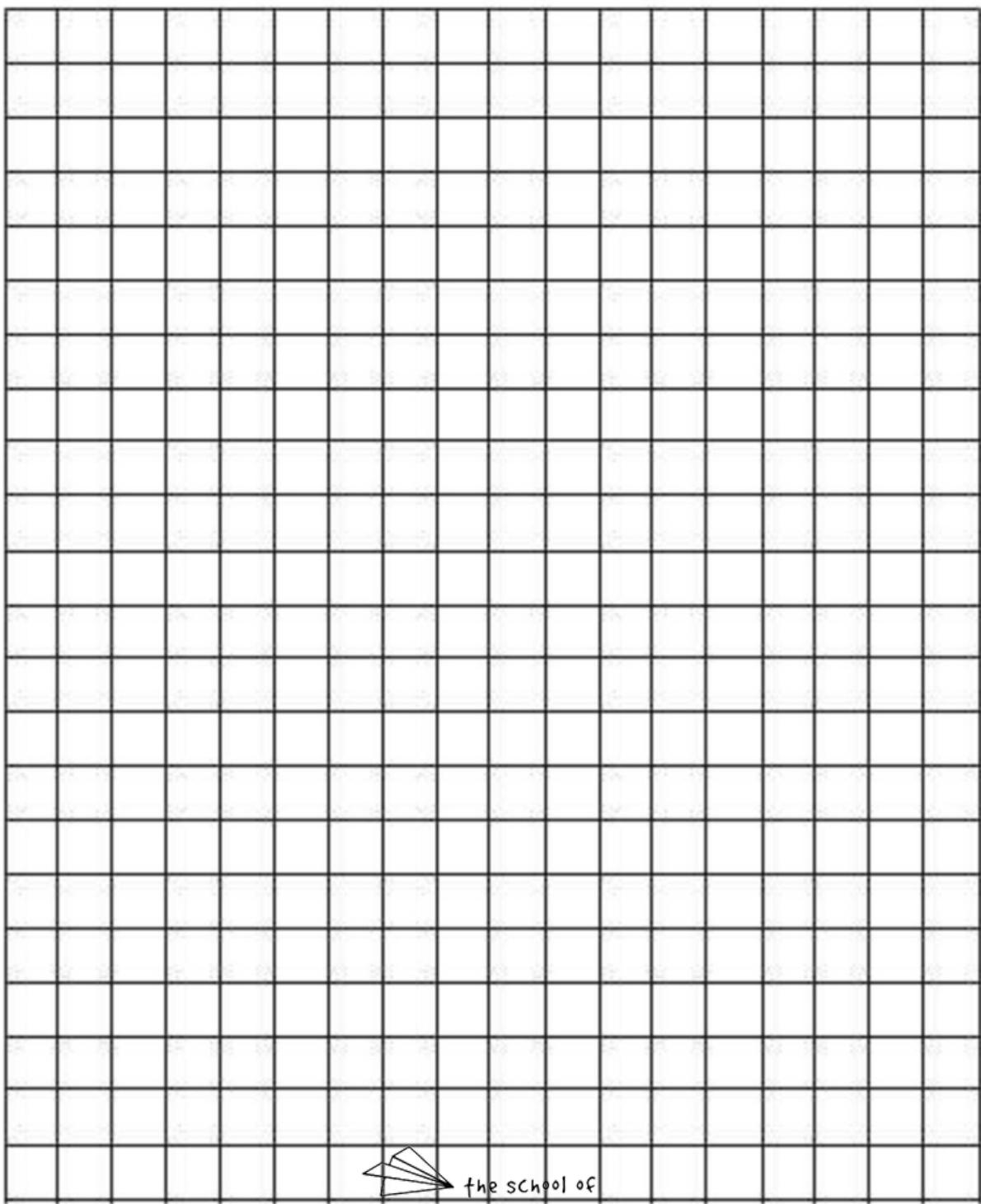
- **Educational Edition:** Focus on enhancing math skills through area calculation.
- **Fitness Edition:** Include various exercises for a full-body workout.
- **Competitive Edition:** Introduce strategic elements, like blocking the opponent's moves.

## Additional Notes:

- Area Dice Challenge is an engaging way to combine learning with physical activity.
- It's suitable for various ages, promoting both cognitive and physical skills.
- The game can be adapted for different skill levels and educational focuses.

# Area Dice Challenge

Player one starts this end



the school of  
**PLAY**

Player two starts this end

Dice rolls	Exercise to complete
One	Squats
Two	Lunges
Three	Push ups
Four	Squat thrusters
Five	Sit ups
Six	Plank jacks

# PLAYER ONE

# DICE CHALLENGE

Dice rolls	Exercise too complete
One	
Two	
Three	
Four	
Five	
Six	

## PLAYER ONE

