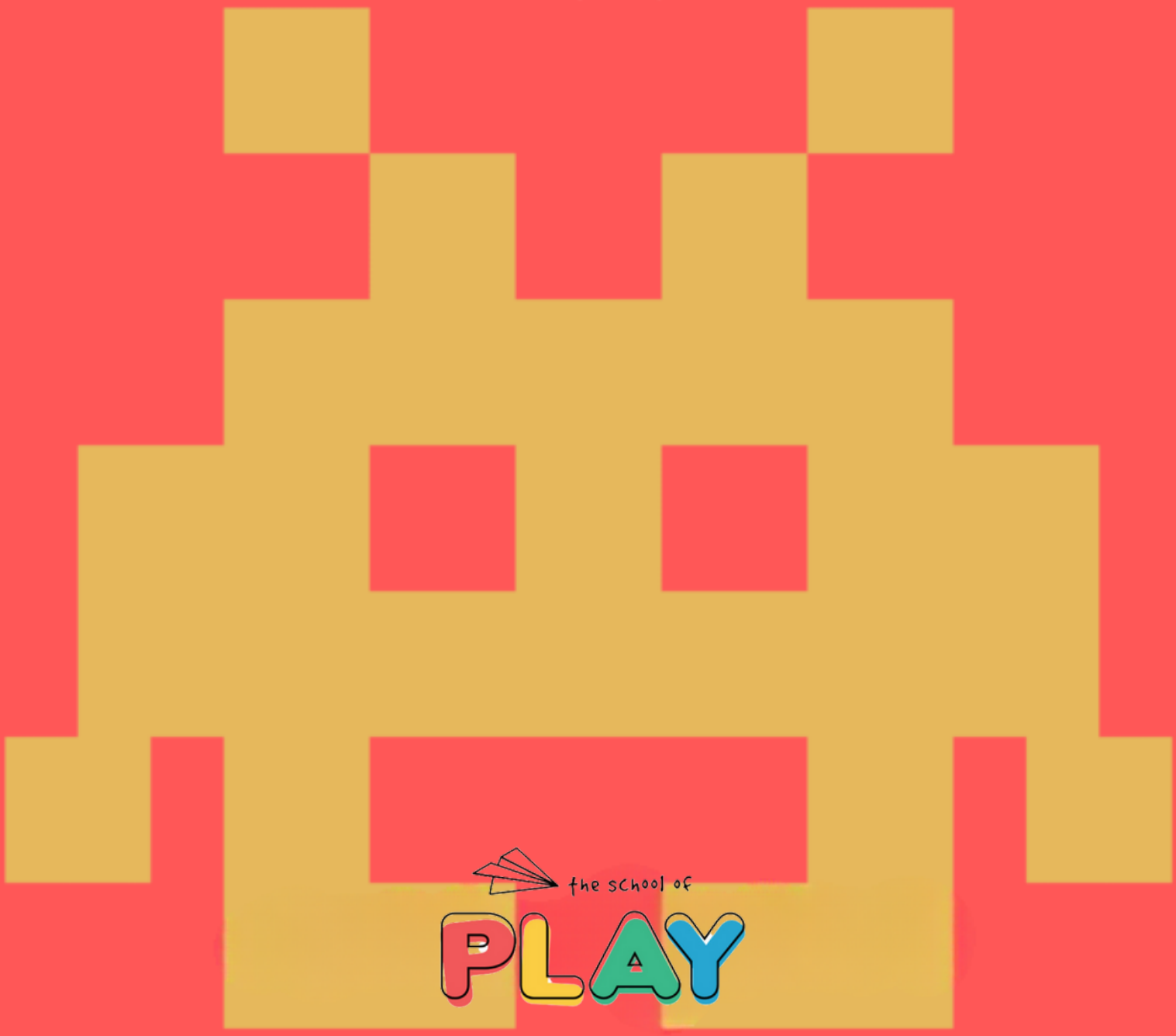
SPACE INVADERS DICE

Battle



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Space Invaders Dice Battle

Instructions

Objective:

Inspired by the classic arcade game Space Invaders, this movement-based game involves rolling dice to target and eliminate invader icons, earning points and completing fitness challenges as a team. The aim is to score the most points within a set time frame.

Players:

Playable in pairs or small teams of three to four players.

Materials:

- A printed Space Invaders game card for each team.
- Two six-sided dice per team.
- A scoring system sheet (included in the attached PDF).

Setup:

Each team receives a Space Invaders game card and two dice and decides on a team name.

Gameplay:

- Rolling and Targeting: Teams roll the dice and add the values together to target the closest icon in the corresponding column on the game card.
- Scoring Points: Each targeted icon has a point value based on its colour, as the scoring system sheet indicates.

- Fitness Challenges: After crossing off an invader, teams roll the dice again to determine which fitness movement to complete, corresponding to the colour of the invader they just eliminated.
- Double Rolls: Rolling doubles (two of the same number) allows teams to cross off two icons in the column and earn points for both.
- Game Duration: The game is typically played for 10 to 15 minutes.

Winning the Game:

- The team with the most points wins at the end of the set time. If there's no clear winner, the team with the highest score is declared the victor.

Variations for Different Settings:

- Children's Edition: Simplify the fitness challenges and use a more straightforward scoring system.
- Fitness Edition: Intensify the physical challenges to provide a more vigorous workout.
- Team Building Edition: Emphasise teamwork and strategy in choosing and completing challenges.

Additional Notes:

- Space Invaders Dice Battle combines nostalgic elements of a classic video game with physical activity, making it a unique and enjoyable experience.
- It encourages teamwork, quick thinking, and physical fitness in a competitive yet fun environment.
- The game is adaptable to different group sizes and fitness levels, making it suitable for various settings.

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The final decision before you start playing is selecting what number of reps you want to do for each Space Invader icon. You can choose from the three options below.

Dingo	Wombat	Ninja
Five reps each icon	Ten reps each icon	Fifteen reps each icon

At the end of the designated time, if there is not a clear winner, the team who has the highest combined points total will be crowned the Space Invaders Champions.

We have also included a blank game template so that you can use this game for any equipment, sport or educational lesson you are teaching. Instead of fitness movements add in weights in the gym, or if you are doing a geography lesson get participants to name capital city's, famous landmarks and so on for the different coloured Space Invaders icons. This game has so many possibilities that it will blow your socks off. We hope that you are excited about this game as we are.

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TEAM NAME:

TOTAL HITS:

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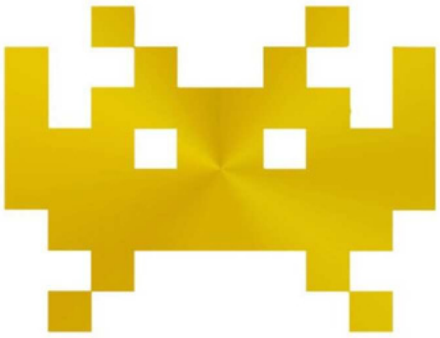
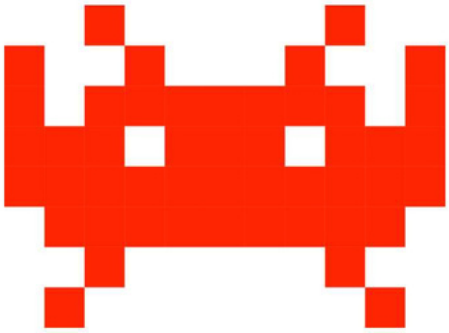
SPACE INVADERS DICE



1	SQUATS	SQUAT JUMPS
2	LUNGES	SKI JUMPS
3	SUMO SQUATS	STAR JUMPS
4		
5		
6		



1	SIT UP	MOUNTAIN CLIMBERS
2	LEG RAISES	SHOULDER TAPS
3	BEETLES	PLANK JACKS
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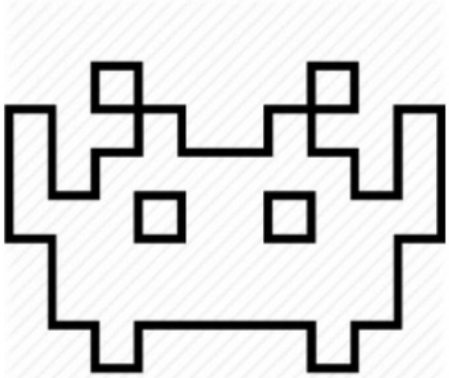

1	DONKEY KICKS	SINGLE ARM RAISE
2	FLAMINGO SQUATS	LUNGE JUMPS
3	RUSSIAN TWISTS	IN OUT SQUATS
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1	PUSH UPS	BURPEES
2	COMMANDOS	30 SECOND PLANK HOLD
3	DIPS	SQUAT THRUSTERS
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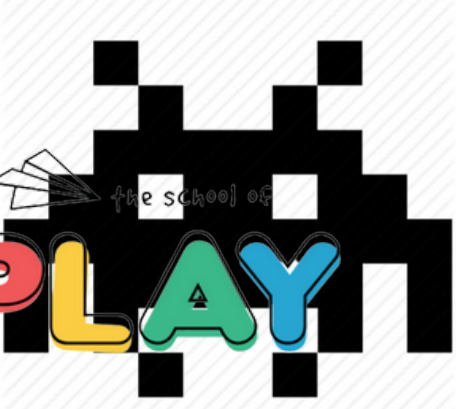

1	TUCK JUMPS	30 SECOND WALL SIT
2	GLUTEN BRIDGES	REVERSE SIT UP
3	V-SITS	180 DEGREE SQUAT JUMPS
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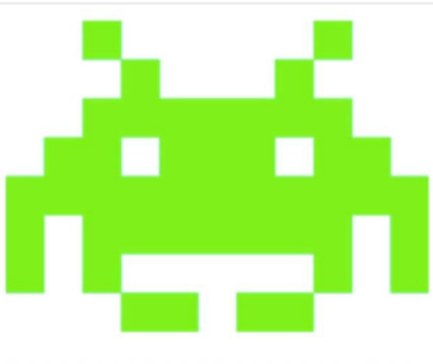
SCORING SYSTEM

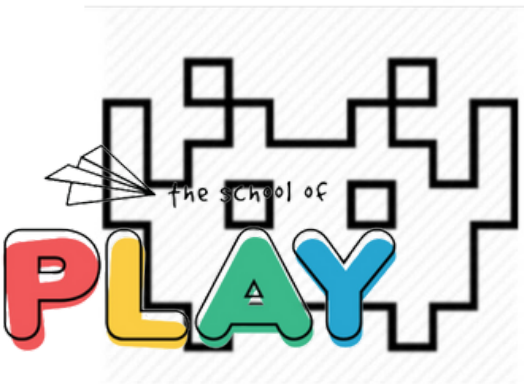
ONE POINT

TWO POINTS



THREE POINTS

FOUR POINTS



FIVE POINTS

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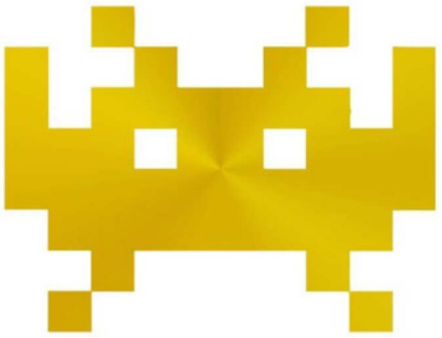

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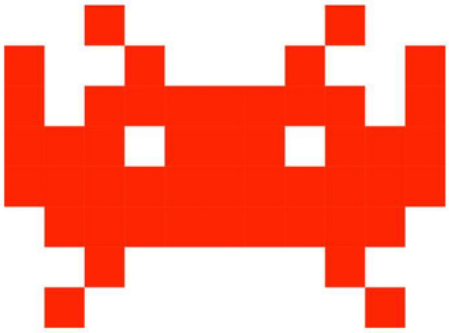

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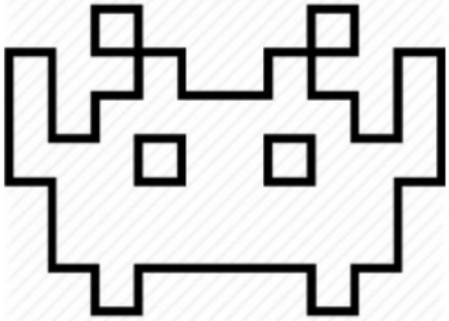

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