

DICE CAR Racing

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Instructions

Objective:

Dice Car Racing is a team-based game that combines physical activity with dice rolling to simulate a car race. Teams compete to move their 'dice car' across the finish line first by performing exercises corresponding to dice rolls.

Players:

Players are divided into six teams, each represented by a number from one to six.

Materials:

- Seven six-sided dice.
- A printed game card or a deck of 'Fun Fitness Daily Mission Cards'.

Setup:

Form six teams and assign each a number from one to six. Set up a racecourse with designated spots for each team's dice.

Gameplay:

- Rolling the Dice: The instructor rolls a dice to determine which team's dice moves forward on the racecourse.
- Exercise Challenge: All teams perform ten reps of the exercise designated for that spot on the racecourse.

- **Race Progression:** Continue rolling the dice and moving teams' dice forward, with teams performing exercises after each roll.
- **Finish Line:** The first team to get their dice across the finish line wins.

Winning the Game:

- The winning team is the first to reach the finish line. They can choose a 'punishment' exercise for the other teams.

Variations for Different Settings:

- **Children's Edition:** Use more straightforward exercises and shorter race distances.
- **Competitive Edition:** Introduce more challenging exercises for fitness enthusiasts.
- **Inclusive Edition:** Modify exercises to accommodate all participants' fitness levels and abilities.

Additional Notes:

- Dice Car Racing is an exciting and engaging game that fosters team spirit and friendly competition.
- It combines exercise with the fun and unpredictability of dice rolling.
- The game is adaptable to various group sizes and can be customised with different exercises and challenges.

FINISH LINE



START LINE



SQUAT THRUSTER



Reach down and place your hands on the ground before hopping your legs back into push up position. Quickly spring your legs forward to the bottom of a squat and jump back to the starting position.

IN OUT SQUAT



Stand with feet together. Bend your legs, jump up, and separate your feet in mid-air and land in a squat hold. Then jump back up and land in starting position.

LEG RAISE



Lie on your back, legs straight and together. Lift your legs to the ceiling until your butt comes off the floor. Then lower back to your starting position.

PUSH UP



Start in a high plank position with hands beneath the shoulders and toes down. Keeping your legs and back straight, bend your arms at the elbow to lower the body down. Once the chest is hovering off the ground, extend the arms and push the body back up to the starting position.

SIT UP



Lie flat on your back with your knees bent. Lift your torso off the ground and move to a seated position, then lie flat again without changing the position of your legs.