

SIX'S FOR THE Win

Six's for the Win

Instructions

Objective:

A team-based dice game combining fitness challenges with the strategy of rolling dice to create winning combinations. Teams aim to accumulate as many points as possible by completing burpees during "lucky six minutes" or achieving dice combos for points.

Players:

Played in pairs or small teams.

Materials:


- Five six-sided dice for each team.
- A list of exercises for teams to complete between rolls.

Setup:

Distribute five dice to each team and provide them with the list of exercises.


Gameplay:

- Rolling for Combinations: Teams roll all five dice, attempting to match combinations for points, similar to a slot machine.
- Fitness Challenges: Whether teams achieve a combo or not, they complete the next exercise on the list. The faster they complete the exercises, the more opportunities they have to roll the dice.
- Scoring: Teams earn points based on the dice combinations or through the "lucky six minutes":
 - Rolling three sixes grants one minute of burpees, with each burpee equaling one point.


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- Four sixes earn two minutes of burpees.
 - Five sixes allow for three minutes of unlimited burpee points.
 - Game Continuation: After completing exercises, teams roll again, working down the exercise list for ten reps each time.

Winning the Game:




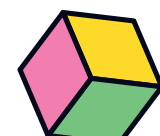

At the end of the game, the team with the highest combined number of burpees (points) wins.



Variations for Different Settings:

- Fitness Edition: Adjust the intensity and type of exercises to match participants' fitness levels.
 - Educational Edition: Incorporate educational elements, like math challenges related to the dice rolls.
 - Team Building Edition: Emphasise teamwork and strategy in achieving dice combos and completing fitness challenges.
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Additional Notes:

- "Six's for the Win" is an energetic and engaging game that combines the excitement of dice rolling with the physical challenge of burpees and other exercises.
 - It encourages teamwork, strategic thinking, and physical fitness.
 - The game is adaptable to different group sizes and fitness levels, making it suitable for various settings.
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Six's for the win



TIME

10 - 15 minutes

INSTRUCTIONS:

Dice combos	Burpees dollars	Team score
Pairs	1 burpee	
Triples	2 burpees	
Four of a kind	5 burpees	
Five of a kind	10 burpees	
Full house	7 burpees	
Small straight (four numbers in a row (1, 2, 3, 4)	5 burpees	
Large straight (five numbers in a row (1, 2, 3, 4, 5)	10 burpees	
Dice total of all five dice added together below 10	5 burpees	
Dice total of all five dice added together above 20	4 burpees	

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TIME

10 - 15 minutes

INSTRUCTIONS:

Lucky six combo minutes

Number of six's	Time to complete burpees	Total burpees as a team
Three six's	One minute	
Four six's	Two minutes	
Five six's	Three minutes	

Exercise list when zero burpee points are earnt

1. Squats	4. Lunges	7. Squat jumps
2. Sit ups	5. Leg raises	8. Plank jacks
3. Push ups	6. Commandos	9. Squat thrusters