

# FOUR CORNERS

*Dice*

# Four Corner Dice

## Instructions

### Objective:

A dynamic, team-based game that combines physical activity with answering questions. Teams aim to complete as many laps around four corners of a room as possible within a set time frame, engaging in different movements and responding to various questions at each corner.

### Players:

Playable in pairs or small teams, adaptable for groups of any size.

### Materials:

- A six-sided dice for each team.
- Four game cards with questions and movements, one for each corner of the room.
- Optional: Equipment for alternative movements (e.g., skipping ropes).

### Setup:

- Place each of the four game cards in a different corner of the room or in a square layout.
- Distribute a dice to each team.
- Teams start at any one of the four corners.

### Gameplay:

- Roll and Respond: Teams roll their dice at a corner, with the number rolled corresponding to a question and a movement on the game card.
- Activity at Corners: Teams take turns answering the question while all members perform the indicated movement.

- Movement to Next Corner: Teams move clockwise to the next corner after completing the question and movement. This can be running or other movements like skipping, hopping, or crawling.
- Scoring: Each time a team completes a lap of the four corners, they earn one point.

## Winning the Game:

The team with the most points wins at the end of the set time frame.

## Variations for Different Settings:

- Educational Edition: Tailor questions to educational themes or learning objectives.
- Fitness Edition: Focus on varied and challenging physical movements tailored to fitness goals.
- Corporate Edition: Adapt questions to encourage team-building, problem-solving, or workplace-related topics.

## Additional Notes:

- Four Corner Dice is a versatile game that encourages teamwork, physical activity, and quick thinking.
- It's a fun way to warm up, break the ice, or engage participants in the main activity of a session.
- The game can be easily customised to suit different themes, age groups, and fitness levels.

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## Corner Two

Dice Roll	Questions to answer	Exercise
One	What is something I can see at this moment that makes me happy?	Plank jacks
Two	What's the best thing I have done in the last week?	Sumo squat
Three	Today I am excited to see... Because....	Lunge jumps
Four	I get excited when I....	Bicycle crunches
Five	If I had one wish today, I would wish for....	Shoulder taps
Six	Today I am very proud of....	Plank hold

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## Corner One

Dice Roll	Questions to answer	Exercise
One	What's your favourite colour?	Sit ups
Two	What's your favourite food?	Squats
Three	Who is your favourite sports team?	Push ups
Four	What's your favourite movie?	Lunges
Five	What's your favourite TV series?	Leg raises
Six	What's the hobby you like doing most in your free time?	Squat thrusters

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## Corner Four

Dice Roll	Questions to answer	Exercise
One	Count up in 3's until you get to 36 as a group	Donkey kicks
Two	Create a ten second team song for your team	Single arm plank raises
Three	As a team come up with ten rhyming words	Ski jumps
Four	Name five capital cities in Europe	Dips
Five	Name five famous landmarks around the globe	Tuck jumps
Six	Create a team handshake that you use every time you complete one lap of the game	180-degree squat jumps

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## Corner Three

Dice Roll	Questions to answer	Exercise
One	Would you rather apples or bananas?	Wall sit
Two	Would you rather be poor and healthy or rich and unhealthy?	Squat hold
Three	Would you prefer to be famous and have no friends or not be famous and have lots of friends?	Straight leg sit ups
Four	Would you prefer pizza or chocolate?	Squat jumps
Five	Would you rather be tall and overweight or skinny and small in height?	Commandos
Six	Would you rather swim or run for exercise?	Burpees