

DICE Cricket



Dice Cricket

Instructions

Objective:

A fun, cricket-themed dice game where pairs compete to score runs. Players take turns rolling the dice to accumulate runs, with each roll corresponding to a number of runs or an 'out'. The game combines chance with physical activity, as players perform exercises based on their rolls.

Players:

Played in pairs, each with a dice and paper for scoring.

Materials:

- A six-sided dice for each pair.
- Paper and pen for keeping score.

Setup:

Pairs sit together with their dice and PDF scoring sheet.

Gameplay:

- **Batting and Scoring:** Players take turns to 'bat' by rolling the dice. Rolls of 1, 2, 3, 4, or 6 are added to their batting score, and the player performs the assigned exercise for that many reps.
- **Getting 'Out':** If a player rolls a 5, their batsman is 'out', and they record their score before moving to the next batsman.
- **Exercise Challenge:** Each batsman (roll) is associated with a different exercise.
- **Game Progression:** The game continues until all ten batsmen are out.

Winning the Game:

The winner is the player with the highest total score for all their batters.

Variations for Different Settings:

- Fitness Edition: Tailor exercises for each number to provide a full-body workout.
- Educational Edition: Incorporate math or strategy elements into scoring.
- Team Building Edition: Emphasise encouragement and strategy discussion between partners.

Additional Notes:

- Dice Cricket is an engaging game that combines elements of fitness with the fun of a dice game.
- It's suitable for players of all ages and can be easily adapted for different group sizes and fitness levels.
- The game is a physical challenge and encourages strategic thinking and numeracy skills.

Dice Cricket Fitness

Player 1:

BATSMEN	EXERCISE	SCORE
1	SQUAT THRUSTERS	
2	PUSH UPS	
3	SIT UPS	
4	ALTERNATING LUNGES	
5	COMMANDOES	
6	V-SITS	
7	SUMO SQUAT JUMPS	
8	REVERSE SIT UPS/ SUPERMANS	
9	MOUNTAIN CLIMBERS (EACH LEG)	
10	BURPEES	
11	400 METER RUN	
	TOTAL SCORE	

Player 2:

BATSMEN	EXERCISE	SCORE
1	SQUAT THRUSTERS	
2	PUSH UPS	
3	SIT UPS	
4	ALTERNATING LUNGES	
5	COMMANDOES	
6	V-SITS	
7	SUMO SQUAT JUMPS	
8	REVERSE SIT UPS/ SUPERMANS	
9	MOUNTAIN CLIMBERS (EACH LEG)	
10	BURPEES	
11	400 METER RUN	
	TOTAL SCORE	

Dice Cricket Fitness

Player 1:

BATSMEN	EXERCISE	SCORE
1	KETTLE BELL SWINGS	
2	SLAM BALLS	
3	KETTLE BELL FRONT SQUATS	
4	KNEE SLAM BALLS	
5	KETTLE BELL THRUSTERS	
6	KETTLE BELL RUSSIAN TWISTS	
7	OVER HEAD SLAM BALL SQUATS	
8	REVERSE SIT UPS/ SUPERMANS	
9	KETTLE BELL SHOULDER PRESS	
10	KETTLE BELL DEADLIFTS	
11	400 METER RUN	
	TOTAL SCORE	

Player 2:

BATSMEN	EXERCISE	SCORE
1	KETTLE BELL SWINGS	
2	SLAM BALLS	
3	KETTLE BELL FRONT SQUATS	
4	KNEE SLAM BALLS	
5	KETTLE BELL THRUSTERS	
6	KETTLE BELL RUSSIAN TWISTS	
7	OVER HEAD SLAM BALL SQUATS	
8	REVERSE SIT UPS/ SUPERMANS	
9	KETTLE BELL SHOULDER PRESS	
10	KETTLE BELL DEADLIFTS	
11	400 METER RUN	
	TOTAL SCORE	