

# Running Dice

Grade Three & Four

STAY  
ACTIVE!



**Running Dice** is a fun, team-based fitness game where players roll a dice to determine which exercise to perform at designated stations. The goal is to complete as many rounds as possible within a set time, with the challenge increasing by adding repetitions for each round.



## Learning Intentions

### **I can develop teamwork and cooperation:**

Students will work together in teams, encouraging and supporting each other to complete exercises and complete the game.

### **I can improve my fitness by performing various exercises:**

Students will engage in different types of exercises, developing cardiovascular fitness, strength, and endurance through the game.

### **I can learn to set and achieve goals within a time limit:**

The game encourages students to pace themselves, focus on completing each round, and push their limits to complete the most rounds within the allocated time.



## Success Criteria

### **Active Participation and Cooperation:**

Students actively participate in rolling the dice, running to stations, and performing the exercises. They collaborate with their teammates to keep up the energy and complete the rounds.

### **Improved Fitness and Endurance:**

Students demonstrate physical endurance by completing exercises continuously with increasing repetitions each round.

### **Time Management:**

Students learn how to pace themselves and manage their energy to maximize the number of rounds completed within the set time.



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## Objective:

Running Dice is a fun, team-based fitness game where players roll a dice to determine which exercise to perform at designated stations. The goal is to complete as many rounds as possible within a set time, with the challenge increasing by adding repetitions for each round.

## Players:

- Suitable for pairs or small teams (3 to 4 members).
- Ideal for larger groups, with teams competing to see who can complete the most rounds.

## Materials:

- A six-sided dice.
- Six markers or cones (each representing a different exercise station).
- A stopwatch or timer to track the game duration.

## Setup:

### 1. Home Station Setup:

Set up the 'home station' with the dice. Place six markers or cones 20 meters away from the start line, each representing a different exercise station.

### 2. Assign Exercises to Stations:

Assign an exercise to each of the six cones. Examples of exercises include:

- **Cone 1:** Push-ups
- **Cone 2:** Squats
- **Cone 3:** Star Jumps
- **Cone 4:** Sit-ups
- **Cone 5:** Burpees
- **Cone 6:** Tuck Jumps

### 3. Determine the Number of Rounds:

Decide on the time limit or number of rounds for the game. Typically, the game lasts for 10 to 15 minutes, or until a team completes a set number of rounds.

## Gameplay:

### 1. Dice Rolling:

Each team starts at the home station with the dice. The first player rolls the dice to determine which cone the whole team will run to. The number rolled corresponds to one of the six exercise stations.

### 2. Exercise Execution:

Once the team reaches the designated cone, they perform one repetition of the exercise assigned to that cone. For example, if the dice roll is a 3, they run to cone 3 and do one star jump.

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### 3. Increasing Repetitions:

After the first round, the team returns to the home station, and the dice is rolled again. Each time the dice is rolled, the number of repetitions increases by one. For example, on the second round, they perform two repetitions, on the third round, three repetitions, and so on.

### 4. Continuous Play:

The cycle of rolling, running, and performing exercises continues until the set number of rounds or time limit is reached.

### Winning the Game:

While this game can be played non-competitively, an optional goal is for teams to complete the most rounds within the time limit. Teams that complete more rounds and perform more repetitions win.

### Variations for Different Settings:

#### 1. Modified Edition:

Vary the exercises to target different muscle groups and include cardio, strength, and flexibility exercises.

#### 2. Inside Edition:

Eliminate the running distances and have each of the six stations spread around the room (one in each corner and two in the middle) and more age-appropriate exercises, such as jumping or hopping instead of advanced movements like burpees.

#### 3. Team Building Edition:

Encourage teams to collaborate, strategize, and cheer each other on to complete rounds and work together as a unit. Consider adding cooperative challenges where team members have to work together to complete specific tasks.

### Additional Notes:

- **Running Dice** is a great way to promote physical activity in a fun and engaging way. It incorporates both cardiovascular fitness and strength training while allowing students to engage in friendly competition and teamwork.
- The game's adaptable nature allows for a range of exercises, making it suitable for all fitness levels. Teachers can modify exercises to match the group's skill level.
- The increasing difficulty with each round ensures the game remains exciting and challenging, helping to improve both physical endurance and mental focus.