

Three Dice Step Up

Grade Three & Four

STAY ACTIVE!

Three Dice Step Up is an exciting fitness challenge where players roll dice to determine the number of repetitions for various exercises. The goal is to complete as many rounds as possible within the set time, with each round involving different levels of intensity based on the dice rolls. This game encourages both physical activity and strategic decision-making as players aim to complete their exercises quickly while incorporating a fun and competitive element.



Learning Intentions

I can roll the dice and perform different exercises based on the number rolled:

Students practice their motor skills, following instructions, and understanding the relationship between the dice roll and exercise reps.

I can manage time and repetitions to complete as many rounds as possible:

Students will practice time management as they aim to complete exercises efficiently and keep up with the pace of the game.

I can engage in friendly competition and aim for personal or team goals:

Students will develop teamwork, communication, and motivation while striving for the highest score.

I can adjust to different levels of intensity based on dice rolls and exercise selection:

Students will experience varying intensities, building resilience and adapting to the randomness of the dice rolls.



Success Criteria

I can roll the dice and complete the required number of repetitions for each exercise:

Participants demonstrate understanding of the exercise instructions and complete the correct number of repetitions based on the dice roll.

I can complete exercises quickly and accurately, maintaining good form throughout the rounds:

Students work on form and speed, trying to complete as many exercises as possible within the five-minute window.

I can track my progress and aim to complete as many rounds as possible:

Players will monitor their time and try to complete as many rounds as they can within the set duration to achieve a high score.

I can engage positively with my team or partner, maintaining motivation and a fun atmosphere:

Participants stay supportive, encouraging their teammates to keep going and aim for their best performance.



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Objective:

Three Dice Step Up is an exciting fitness challenge where players roll dice to determine the number of repetitions for various exercises. The goal is to complete as many rounds as possible within the set time, with each round involving different levels of intensity based on the dice rolls. This game encourages both physical activity and strategic decision-making as players aim to complete their exercises quickly while incorporating a fun and competitive element.

Players:

- Playable individually, in pairs, or small groups of 3 to 4 participants.

Materials Needed:

- Two six-sided dice per player/team
- Printed PDF of the exercise moves (provided in the game)
- Timer or stopwatch
- (Optional) Video or QR code demonstrating each exercise
- Space for exercise and movement

Setup:

- Distribute the printed PDF of the exercise moves and the dice to each player or team or have displayed using a projector or interactive whiteboard.
- Set up the timer for three-minute rounds.
- Ensure there is a large enough space for participants to perform the exercises safely.

Gameplay:

Round One – Single Dice Round:

- Players roll one six-sided dice for each of the six exercises listed on the PDF.
- The number rolled on the dice corresponds to the number of repetitions for that exercise.
 - For example, if the roll is a 3 for push-ups, the player/s completes 3 push-ups.
- The goal is to complete as many rounds as possible within three minutes.
- After completing the exercises based on the dice rolls, players will score points based on how many single repetitions they performed in the three minutes.
- Record the total points at the end of this round, keep a leaderboard out the front of the class to promote some friendly competition to motivate the students.



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Round Two – Two Dice Round:

1. For this round, players will roll two six-sided dice for each exercise.
2. The total number of reps for each exercise is the sum of the two dice rolled.
 - For example, if the dice roll is a 3 and a 4, the player must complete 7 repetitions of that exercise.
3. Players continue with the same exercises, but the reps for each round are higher due to the combined dice rolls.
4. Complete as many rounds as possible in three minutes, aiming to score more points than the first round.

Round Three – Final Challenge Round:

1. In this final round, players roll two six-sided dice and multiply the two numbers to get the number of reps for each exercise.
 - For example, if the dice roll is 3 and 4, the player must complete 12 repetitions (3×4).
2. This is the most intense round, with the number of repetitions potentially higher than the previous rounds.
3. Complete as many rounds as possible in the three-minute window, with each round's difficulty determined by the dice rolls.

Winning the Game:

1. After all three rounds, tally up the total number of points each player or team scored.
2. The player/team with the highest score at the end of the three rounds wins the game.
3. If playing with multiple teams, the team with the most completed repetitions (based on the dice rolls) wins.

Variations for Different Settings:

- **Modified Edition:** Modify the exercises to focus on different muscle groups or adjust the intensity based on fitness levels. For example, add more dynamic movements like burpees, squat jumps, or sprints for a higher-intensity workout.
- **Team Building Edition:** Emphasize collaboration by having players or teams cheer each other on, share strategies, and work together to complete as many rounds as possible.
- **Team Relay:** Divide players into teams and have them alternate completing rounds of exercises. The first team to complete their rounds with the highest score wins.

Additional Notes:

Three Dice Step Up provides a fun and engaging way to practice fitness while developing quick decision-making and time management skills. The game mixes physical activity with a sense of competition and randomness, as the dice rolls determine the intensity of each round. This game is perfect for team-building activities, classroom warm-ups, or as part of a fitness routine. The random nature of the dice adds unpredictability, ensuring that no two rounds are ever the same. Enjoy the fitness challenge and strive to achieve the highest score possible!