

Rolling with Luck

Grade Three & Four

STAY ACTIVE!



Rolling with Luck is a fun and interactive dice game that combines luck, exercise, and strategy. Players roll dice, make predictions, and perform physical challenges based on their guesses. The goal is to accumulate the highest score by correctly guessing whether the instructor's dice roll will be higher, lower, or the same as their own, all while staying active and engaged.



Learning Intentions

I can predict outcomes based on probability and make informed decisions:

Students practice decision-making by predicting if the instructor's role will be higher, lower, or the same as their own.

I can complete exercises to improve my physical fitness:

Players will be physically active by performing exercises based on the outcome of the game.

I can track my points and aim to improve my score throughout the game:

Students engage in friendly competition while focusing on improving their scores and achieving the highest total points.

I can demonstrate good sportsmanship and enjoy a fun, energetic group activity:

The game fosters a positive and competitive atmosphere, promoting sportsmanship, teamwork, and respect for others.



Success Criteria

I can correctly guess whether my dice roll will be higher, lower, or the same as the instructor's:

Players demonstrate quick thinking and strategy when selecting the area they'll move to based on their guess.

I can perform physical exercises correctly after guessing wrong, showing commitment to staying active:

Players demonstrate good form and consistency when completing exercises like squats, lunges, and push-ups.

I can track and tally my score to monitor my progress and aim for the highest score:

Players actively track their points throughout the game and strive to improve their performance.

I can stay engaged with the game and maintain a positive, competitive attitude:

Players remain focused on the fun of the game, supporting their peers and competing in a friendly manner.



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Objective:

Rolling with Luck is a fun and interactive dice game that combines luck, exercise, and strategy. Players roll dice, make predictions, and perform physical challenges based on their guesses. The goal is to accumulate the highest score by correctly guessing whether the instructor's dice roll will be higher, lower, or the same as their own, all while staying active and engaged.

Players:

- Playable individually or in teams.
- Suitable for 2 or more players.

Materials Needed:

- One six-sided dice per player/team.
- Timer (set for 10 minutes or desired game length).
- Three sections or areas in the playing space for players to choose from based on their guess (higher, lower, same).
- Printed list of exercises (optional for reference).

Setup:

1. Set up three distinct areas in the playing space: one for "higher," one for "lower," and one for "same."
2. Distribute a six-sided dice to each player or team.
3. Have an exercise list available for reference.
4. Set a timer for 10 minutes (or desired length of the game).

Gameplay:

1. Making a Guess:

Each player or team rolls their dice and decides if they believe their roll will be higher, lower, or the same as the instructor's roll. Players move to the appropriate section based on their prediction.

- If a player guesses "higher," they move to the "higher" section.
- If a player guesses "lower," they move to the "lower" section.
- If a player guesses "same," they move to the "same" section.

2. Rolling the Dice:

The instructor rolls their dice, and the result is compared with each player's prediction.

- If the player guessed correctly (higher, lower, or same), they earn points and no exercise is performed (unless they want to!).
- If the player guessed wrong, they must complete 5 reps of an exercise from the list.



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3. Scoring:

The scoring system works as follows:

- **Guessing correctly (higher or lower):** 2 points awarded.
- **Guessing the same as the instructor:** 5 points awarded.
- **Guessing incorrectly:** 0 points and complete 5 reps of an exercise (squats, lunges, sit-ups, leg raises, plank jacks, mountain climbers, push-ups, squat thrusters, burpees, or squat jumps).

4. Progressing through Rounds:

Players continue guessing and rolling dice until the timer runs out. At the end of the round, the total points are tallied.

Winning the Game:

- The player or team with the highest score at the end of the game wins.
- If playing as teams, tally the total points for each team, and the team with the highest points is declared the winner.

Variations for Different Settings:

- **Fitness Edition:** Adjust the number of repetitions based on the fitness levels of the players. For more advanced players, increase the number of reps or intensity of the exercises.
- **Team Building Edition:** Emphasize teamwork by having players collaborate on strategies or cheer each other on when completing exercises.
- **Children's Edition:** Use simpler exercises or reduce the time for completing exercises to keep the game fast-paced and fun for younger players.

Additional Notes:

Rolling with Luck is an engaging game that combines decision-making with physical activity. The unpredictable nature of the dice rolls keeps the game exciting, while the exercises ensure players stay active. This game is perfect for promoting fitness, strategic thinking, and a competitive spirit in a fun, supportive environment.

