

# Dice We Go

Grade Three & Four

STAY ACTIVE!



Dice We Go is a dynamic and challenging movement game designed to keep participants engaged in both physical exercise and strategic decision-making. Players will roll dice to determine how many repetitions of various exercises they need to complete, progressively increasing the intensity with each round. The goal is to complete each round's challenges while improving endurance and pushing personal limits.



## Learning Intentions

**I can follow instructions to complete exercises in a set order:**

Students will practice adhering to a sequence of exercises while adding variety and challenge with each dice roll.

**I can build endurance and improve my fitness level through repeated exercises:**

Players will engage in cardiovascular and strength-building exercises that test their physical stamina and resilience.

**I can push my limits and progressively increase my physical capacity:**

By progressively increasing the number of repetitions, students will learn how to pace themselves and face physical challenges.

**I can track my progress and work towards personal fitness goals:**

Players will gain a sense of achievement as they complete each round and strive to improve their performance with each dice roll.



## Success Criteria

**I can complete the required number of repetitions for each exercise accurately:**

Players will demonstrate the ability to count and execute exercises properly based on their dice roll.

**I can engage in physical activity for the full length of the game, showing resilience and perseverance:**

Players will complete each round, including running distances and performing exercises, without giving up.

**I can increase the number of repetitions each round and handle progressively more challenging exercises:**

Players will rise to the challenge of more repetitions, showing progress through the rounds.

**I can participate enthusiastically and support others in the game:**

Players will maintain a positive attitude throughout the game and encourage others during difficult rounds.



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## Objective:

Dice We Go is a dynamic and challenging movement game designed to keep participants engaged in both physical exercise and strategic decision-making. Players will roll dice to determine how many repetitions of various exercises they need to complete, progressively increasing the intensity with each round. The goal is to complete each round's challenges while improving endurance and pushing personal limits.

## Players:

- Ideal for individuals, pairs, or small teams.
- Suitable for all fitness levels and group sizes.

## Materials Needed:

- One six-sided dice per player or team.
- A list of ten bodyweight exercises
- A measuring area for the running distance (50-100 meters).
- A timer to track game length (10 minutes recommended).

## Setup:

1. Each player needs two six-sided dice. If playing in pairs two dice per pair.
2. Decide on three exercises or bodyweight movements. Some examples include:
  - Push-ups
  - Squats
  - Sit-ups
  - Leg raises
  - Tuck Jumps
  - Mountain climbers
  - Squat jumps
  - Burpees
  - Lunges
  - High knees
3. Mark the distance for running (50-100 meters) that players need to complete after each round of exercises.
4. Set a timer for 10 minutes (or desired game duration).



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## Gameplay:

### 1. Round One:

- Players roll the dice and complete the number of repetitions for each exercise based on the number they rolled.
- For example, if a player rolls a 4, they must complete 4 reps of each of the 10 exercises.
- Once all exercises are completed, the player runs a 50-100 meter distance (if playing inside players can walk from wall to wall)
- After the run, the player is ready for the second round.

### 2. Round Two:

- Players roll two dice and add the numbers together to determine how many reps to do for each exercise.
- For example, if a player rolls a 2 and a 5, they need to do 7 reps of each of the 10 exercises.
- After completing the exercises, they run again and prepare for the third round.

### 3. Round Three (and subsequent rounds):

- For each round after round two, players will roll both dice and then roll one dice one more time, adding the values together to determine the number of repetitions for each exercise.
- The rounds get progressively harder as the number of repetitions increases with each dice roll.
- After each round of exercises, players run or walk the designated distance.

### 4. End of Game:

- The game ends when the timer runs out or when a set number of rounds have been completed.
- Players can count how many rounds they completed or track their total repetitions and running distance as a measure of their progress.

## Winning the Game:

- While the game can be played as an individual challenge, the player with the highest total score of completed rounds or the most repetitions completed wins.
- In a team setting, the team with the highest total of rounds completed or cumulative repetitions wins.



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## Variations for Different Settings:

- **Modified Edition:** Adjust the difficulty of exercises (e.g., increase repetitions or use weights) depending on the participants' fitness levels.
- **Team Building Edition:** Players can collaborate by rolling the dice for each other, encouraging teamwork and mutual support in completing exercises and running.
- **Children's Edition:** For younger players, reduce the number of exercises or repetitions, or adjust the running distance to suit their age group or reduce the time limit of the game.

## Additional Notes:

Dice We Go is an exciting and adaptable game that promotes physical fitness, endurance, and teamwork. It combines the unpredictability of dice with structured exercises, making it both fun and challenging. Players learn about perseverance, fitness, and decision-making while increasing their physical capacity with each round. Whether played individually or in teams, this game is a great way to engage students in a dynamic workout experience.

