

# Dice Golf

Grade Three & Four

STAY  
ACTIVE!

Dice Golf combines the excitement of golf with the unpredictability of dice rolling and physical fitness. Players must predict the value of their dice rolls, calculate the score based on their guesses, and complete exercises based on their performance, aiming to have the lowest score at the end of nine or eighteen holes.



## Learning Intentions

### **I can make predictions based on probabilities:**

Players will practice estimating the likelihood of different dice rolls and predicting the outcome, developing their reasoning skills.

### **I can calculate differences and apply basic math:**

This game helps students practice subtraction and comparison as they calculate their score based on the difference between their guess and the dice roll.

### **I can participate in friendly competition:**

Students will engage in a competitive activity while focusing on fun, fair play, and improving their performance.

### **I can improve my physical fitness while playing:**

Players will incorporate physical activity (exercises) as part of the game, fostering a positive, active environment.



## Success Criteria

### **I can make an accurate guess and calculate my score based on the dice roll:**

Players demonstrate quick thinking and math skills by predicting and calculating the difference between their guess and the dice roll.

### **I can complete the required exercises efficiently based on my score:**

Players complete the designated exercises for each hole, maintaining a positive attitude throughout the game.

### **I can engage in friendly competition while respecting the rules:**

Players compete in a fun and supportive way, respecting the outcome of the game and celebrating the efforts of others.



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## Objective:

Dice Golf combines the excitement of golf with the unpredictability of dice rolling and physical fitness. Players must predict the value of their dice rolls, calculate the score based on their guesses, and complete exercises based on their performance, aiming to have the lowest score at the end of nine or eighteen holes.

## Players:

- Playable individually, in pairs, or groups of 3-4 members.

## Materials Needed:

- Two six-sided dice per player or team.
- A way to keep track of scores (paper and pen, scorecard).
- Space for performing exercises.

## Setup:

1. Decide whether you are going to play 9 holes or 18 holes of golf.
2. Distribute the dice to each player or team.
3. Prepare a space for the exercise portion of the game, ensuring enough room for movement.
4. Each player or team must have a scorecard to track the number of strokes and completed exercises.

## Gameplay:

### 1. Start the Hole:

Each player or team will decide on the number they think the dice will land on (1-6). For example, if a player thinks the dice will land on a 6, they say "six" before rolling.

### 2. Roll the Dice:

Each player rolls the dice and reveals the number. If the player's guess is correct, they earn a score of zero for that hole (which is ideal!).

If their guess is incorrect, they calculate the difference between their guessed number and the rolled number. For example, if they guessed 6 and rolled a 3, their score for that hole is 3 (the difference between 6 and 3).

### 3. Score Calculation:

Players add the difference to their total score for the hole. If they guessed correctly, they get a score of 0.

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#### 4. Exercise for Score:

After completing the hole and recording the score, the player must complete one of the following: burpee/squat/star jump/push up for each stroke (score) they received.

For example, if a player rolled a 4 and guessed a 6, they need to do 4 burpees.

#### 5. Next Hole:

Repeat the process for the next hole. Players will take turns rolling the dice and guessing the outcome. Continue this for all 9 or 18 holes.

#### 6. Winning the Game:

The player or team with the lowest total score (combined score from all holes) after 9 or 18 holes wins the game. Players with higher scores must complete more exercises.

#### Variations for Different Settings:

- **Fitness Edition:**

- Adjust the exercises for each hole, incorporating a variety of activities such as push-ups, squats, jumping jacks, or lunges for different muscle groups.

- **Team Building Edition:**

Teams of 2-4 players can collaborate by taking turns guessing and rolling the dice. The total score is calculated as a team, and everyone completes the exercises together.

- **Children's Edition:**

Simplify the game by only using one or two dice and limiting the possible number of exercise reps. You can also reduce the number of holes to make it quicker.

#### Additional Notes:

*Dice Golf* is a fun and engaging way to combine basic math skills, physical exercise, and friendly competition. The randomness of the dice rolls adds excitement to each round, while the exercise component keeps participants active and energized. The game can be easily adapted for different ages, fitness levels, and group sizes. It's a great way to have fun while building physical endurance and practicing math skills.