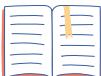


Dice Bingo

Grade Three & Four

STAY
ACTIVE!

Dice Bingo is an engaging and active game that combines the excitement of bingo with dice rolls and exercise challenges. The goal is to roll the dice, complete exercises or challenges based on the numbers rolled, and be the first to complete a row or the most numbers within a set time.



Learning Intentions

I can practice quick addition and mental math:

Players will use the dice to form numbers and practice adding the tens and units digits to calculate their total.

I can stay engaged and motivated while completing physical exercises and challenges:

By combining dice rolls with fitness exercises, players stay active and engaged while achieving fitness goals.

I can engage in friendly competition while maintaining good sportsmanship:

Players will participate in a competitive, fun game while supporting their teammates and respecting the rules.

I can focus on completing a task in a team or individually:

This game encourages goal-setting and focus, whether working as part of a team or individually.



Success Criteria

I can quickly and accurately add the numbers from the dice rolls to form a total:

Players will show proficiency in mental math by calculating their total score after each dice roll.

I can complete the physical exercises based on the numbers rolled:

Players will complete the required exercises for each roll with enthusiasm and focus.

I can work as part of a team or individually to complete my bingo card:

Players will engage in friendly competition, working either in teams or individually to mark off numbers on their bingo card.



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Objective:

Dice Bingo is an engaging and active game that combines the excitement of bingo with dice rolls and exercise challenges. The goal is to roll the dice, complete exercises or challenges based on the numbers rolled, and be the first to complete a row or the most numbers within a set time.

Players:

- Playable individually or in teams.
- Ideal for 2-6 players or teams, but can accommodate larger groups if needed.

Materials Needed:

- Printable PDF score sheets (found in resource PDF).
- Two six-sided dice (one to represent tens, one to represent units).
- Space for participants to complete physical exercises.

Setup:

1. Provide each player or team with a printed bingo score sheet (attached PDF).
2. Give each player or team two dice—one representing tens and the other representing units.
3. Ensure there is space for participants to perform the designated exercises after each dice roll.

Gameplay:

1. Rolling the Dice:

Participants roll both dice. The tens dice gives the first digit of the number, and the units dice gives the second digit. For example, if they roll a 1 on the tens dice and a 4 on the units dice, the total would be 14.

2. Exercise Based on the Number Rolled:

After calculating the total, participants cross-reference the number with their bingo game card. Each number corresponds to a specific exercise e.g., 14 could mean completing 10 commando crawls or square 8 could be a challenge they need to complete.

3. Complete the Reps:

Players must complete the required number of reps for the exercise before rolling again. Alternatively, they can run 50 meters before rolling again if you want to increase the intensity or volume.

4. Game Progression:

Players continue rolling the dice, performing the exercises, completing challenges, and marking off numbers on their bingo card. The first player or team to complete a full row of numbers wins.

5. Time-Limited Option:

If you're short on time, you can set a timer for a specified period (e.g., 5-10 minutes) and see who completes the most numbers within that time frame.



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6. The Randomizer Option (Final Round):

At the end of the time or game, all players or teams gather in plank position. The instructor or teacher rolls the dice 10 times to generate 10 random numbers. Players check if they have those numbers on their cards, and the team with the most matched numbers wins.

Winning the Game:

- **Row Completion Winner:** The first player or team to complete a row of numbers on their bingo card wins the game.
- **Time-Based Winner:** The player or team that completes the most numbers within the set time frame wins.
- **Randomizer Winner:** The team or player with the most numbers completed after the 10 random rolls wins.

Variations for Different Settings:

- **Fitness Edition:** Change the exercises for each round, such as squats, push-ups, lunges, jumping jacks, etc., to suit different muscle groups and fitness levels.
- **Team Building Edition:** Teams can work together to complete a row of numbers. They can strategize by helping each other complete exercises and roll for the numbers they need.
- **Children's Edition:** Simplify the numbers and exercises to make the game more accessible for younger players. You could also use smaller sets of exercises, like 1-10 reps.

Additional Notes:

Dice Bingo is a fun and engaging way to combine mental math, physical activity, and friendly competition. It encourages players to practice addition, stay active, and engage with others in a team-oriented or individual setting. This game is adaptable for all ages and can be modified to fit any fitness level, making it a versatile and enjoyable activity for classrooms, sports teams, or family gatherings.