

# Keep on Rolling

Grade Three & Four



**Keep on Rolling is a fun and fast-paced movement challenge where teams race to roll dice combinations, complete exercises, and gather cards to earn points. The team with the most cards at the end of the game wins!**



## Learning Intentions

**I can develop my teamwork and communication skills:**

This game encourages players to collaborate effectively with their team, whether by strategizing during the roll or supporting each other during exercises.

**I can practice patience and resilience while waiting for the correct dice combination:**

Players will experience how to handle setbacks and delays, practicing resilience as they wait for the dice to roll the correct combination.

**I can improve my physical fitness while participating in a fun and competitive game:**

The game combines mental challenges with physical movement, helping players get fit while staying engaged and focused.

**I can engage in friendly competition while maintaining good sportsmanship:**

Players will experience competition in a positive, fun environment while learning to celebrate both individual and team efforts.



## Success Criteria

**I can roll the dice and match the combinations required on the cards:**

Players will practice quick decision-making, focusing on rolling the correct combinations and working through their team's tasks efficiently.

**I can work together with my team to complete exercises and earn cards:**

Players will demonstrate effective teamwork by communicating and completing exercises in unison with their teammates.

**I can stay focused and keep a positive attitude throughout the game:**

Players will maintain enthusiasm and good sportsmanship, even if the dice rolls aren't in their favor.



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## Objective:

Keep on Rolling is a fun and fast-paced movement challenge where teams race to roll dice combinations, complete exercises, and gather cards to earn points. The team with the most cards at the end of the game wins!

## Players:

- Best played with 10-25 players, but can be adapted for smaller groups.

## Materials Needed:

- Two six-sided dice for each team.
- A deck of 'Keep on Rolling' exercise cards (list provided in resource PDF).
- Space for the teams to set up (10-20 meters apart).
- Static hold exercise list (optional, for variety).

## Setup:

1. Divide players into two even teams.
2. Place the deck of 'Keep on Rolling' exercise cards face down in the middle of the playing area, between the two teams.
3. Give each team two six-sided dice.
4. Ensure there's enough space for each team to spread out and for participants to run back and forth.

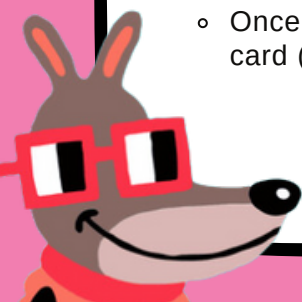
## Gameplay:

### 1. Starting the Game:

- Each team starts with all players in a static hold or to make it easier have them standing on one foot only (optional) (see suggested holds table below). Static holds might include positions like plank, wall sit, or squat hold.
- On the instructor's signal ("go"), one player from each team runs to the center, grabs a card from the deck, and returns to their team with the card.

### 2. Rolling the Dice:

- The player who grabs the card must then roll the dice to match the combination shown on the card. For example, if the card shows two 1's, they must keep rolling until they roll two 1's.
- Key note: If a player needs to roll two 1's and as they roll one of their two dice lands on a 1, that dice does not get rerolled, the player only needs to roll the one dice that hasn't yet landed on a 1, they roll it until they get another 1 which will give them the correct combination required of two 1's.
- Once they've rolled the correct combination, they must complete the exercise listed on the card (e.g., 10 squats, 10 push-ups, etc.).



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### 3. Teamwork in Action:

- After completing the exercise, all team members return to the static hold or one footed pose position, and the next player races out to grab another card.
- The game continues until all cards have been collected and completed.

### 4. Winning the Game:

- The team with the most completed cards (cards they have earned by completing the exercises) at the end of the game wins.

### Exercise Cards:

Each card will feature a combination of two numbers (e.g., two 3's, one 5 and one 2), and a specific exercise. Sample exercises might include:

- 10 Squats
- 10 Push-ups
- 20 Mountain Climbers
- 5 Burpees
- 10 Sit-ups
- 5 Squat Jumps

### Static Hold Options:

Before each round, participants hold a static position (examples include):

- **Plank Hold** (hold for 30 seconds before resting)
- **Wall Sit** (hold for 30 seconds before resting)
- **Squat Hold** (hold for 30 seconds before resting)
- **Lunge Hold** (hold for 30 seconds on each leg before resting)

### Winning the Game:

The team that completes the most cards (by performing the exercises listed on each card) wins the game. If you're playing for a set time, the team that collects the most cards during the time limit is the winner.

### Variations for Different Settings:

#### • Fitness Edition:

Adjust the exercise difficulty to match participants' fitness levels. Add more challenging exercises, such as push-up variations, longer runs, or tougher holds.

#### • Team Building Edition:

Emphasise communication and teamwork by having players work together to decide on the most efficient way to roll the dice and complete the exercises.

#### • Children's Edition:

Simplify the exercises and dice combinations to make the game more fun and accessible for younger participants.



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## Additional Notes:

Keep on Rolling is a fast-paced, competitive game that combines physical exercise with the unpredictability of dice rolling. It engages participants in a fun, high-energy environment while encouraging teamwork and physical fitness. By adding movement challenges and dice, it keeps players engaged both mentally and physically, making it a great choice for classroom warm-ups, sports practice, or team-building activities.

