

# The Magic Number

Grade Three & Four

STAY ACTIVE!



The Magic Number is a dice-based exercise game designed to engage participants in a combination of math skills, strategic thinking, and physical activity. Players aim to roll the dice to match a "magic number," earning points and completing exercises based on their dice rolls.



## Learning Intentions

**I can practice basic math skills by adding numbers:**

Participants will use addition to calculate their combined dice roll and understand the concept of numbers in a practical, fun setting.

**I can make strategic decisions based on risk and reward:**

Players will decide whether to aim for the magic number or get as close as possible, balancing risk and strategy with the goal of winning each round.

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

Through competitive play, participants will practice winning and losing graciously, emphasizing the importance of having fun and encouraging others.

**I can stay active and engaged by completing various fitness exercises:**

The game encourages physical activity, helping players develop endurance, strength, and teamwork through exercise.



## Success Criteria

**I can quickly add numbers to find the combined total of my dice roll:**

Players will demonstrate their math skills by adding the numbers on the dice and calculating the magic number for each round.

**I can make decisions based on the dice roll to try to match the magic number:**

Players will strategize, aiming for the magic number or a number as close to it as possible.

**I can complete the required exercise and participate actively throughout the game:**

After each round, players will complete exercises based on their dice roll, ensuring they stay physically active.

**I can keep track of my points and strive to win the game:**

Players will count their points through each round and aim to get the highest score at the end of the game.



# The Magic Number

Grade Three & Four

STAY ACTIVE!



## Objective:

The Magic Number is a dice-based exercise game designed to engage participants in a combination of math skills, strategic thinking, and physical activity. Players aim to roll the dice to match a "magic number," earning points and completing exercises based on their dice rolls.

## Players:

- Best played in pairs (2 participants).

## Materials Needed:

- Two six-sided dice per pair.
- Printed scorecards for each player.
- A list of exercises for each round (example provided below).
- A timer or stopwatch to keep track of time.

## Setup:

- Each pair will need a printed scorecard and two six-sided dice.
- Set up a space for players to roll the dice and complete exercises, ensuring enough room for movement.

## Gameplay:

### 1. Round 1 - Establish the Magic Number:

- The game begins with each pair rolling one dice each. The sum of the two dice becomes the "magic number" for that round.
- For example, if one player rolls a 2 and the other rolls a 5, the combined score would be 7, making 7 the magic number.

### 2. Roll and Compare:

- Each player then rolls both dice at the same time, aiming to match the magic number (or come as close as possible).
- The winner is the player who gets their dice total closest to the magic number. If a player rolls the exact number, they stay in the static hold position assigned for the round.
- If they don't roll the magic number, they calculate the difference between their score and the magic number. For example, if the magic number is 7 and a player rolls a 6, the difference is 1, so they would complete 1 exercise rep.

### 3. Exercise Completion:

- After each round, both players must complete the corresponding exercise for the round, based on the number of reps they earned. If a player rolls the exact magic number, they stay in the static hold (optional).
- Example Exercise List:
  - Round 1: Star Jumps
  - Round 2: Squats
  - Round 3: Push-ups
  - Round 4: Sit-ups
  - Round 5: Lunges
  - Round 6: Tuck Jumps



# The Magic Number

Grade Three & Four

STAY ACTIVE!



#### 4. New Magic Number for Each Round:

- After completing the exercises, both players roll one dice each to determine the new magic number for the next round. The game continues for ten minutes, with each round featuring a different magic number and exercise.

#### 5. Scoring:

- Players earn points based on how close their dice roll is to the magic number.
- Example: If the magic number is 7 and a player rolls a 6, they get 1 point (difference of 1). If they roll a 7, they get 5 points (matching the number).
- At the end of the game, the player with the highest score wins.

#### Winning the Game:

- The player with the most points at the end of the time limit (usually 10 minutes) wins. The aim is to accumulate points by matching the magic number and completing the exercises with the most accuracy.

#### Variations for Different Settings:

- Fitness Edition:**

Adjust the exercises for each round to fit the fitness level of participants. For younger or beginner players, lower the number of repetitions or simplify the exercises.

- Team Building Edition:**

If playing in teams, encourage cooperation and strategy in guessing and rolling for the magic number. Teams can work together to support each other in completing exercises.

- Children's Edition:**

Use simpler exercises, like animal movements or fun dance moves, to keep younger players engaged while learning to calculate numbers.

#### Additional Notes:

The Magic Number is a fun way to combine fitness with basic math skills. It offers a dynamic, fast-paced game that keeps participants engaged both mentally and physically. With each round, players are encouraged to challenge themselves while improving their math fluency and physical fitness in an enjoyable and competitive way.