

Double Dice Movement

Grade Three & Four

STAY ACTIVE!



Double Dice Movement is a dynamic and fast-paced fitness game designed to improve physical fitness, coordination, and teamwork. By rolling dice and completing exercises based on the outcomes, teams race against the clock to complete a series of movements, score points, and develop a competitive spirit.



Learning Intentions

I can improve my physical fitness by engaging in a variety of exercises:

This game encourages players to engage in different types of exercises, enhancing their physical strength, coordination, and stamina.

I can make strategic decisions and adapt based on the outcomes of the dice rolls:

Players will develop critical thinking and decision-making skills as they choose their difficulty level and adapt to the random dice outcomes.

I can work effectively with a partner or team to achieve a common goal:

Through collaboration and teamwork, players will learn how to support each other in completing tasks and earning points.

I can stay motivated and competitive during a fitness challenge:

This game promotes a healthy level of competition, encouraging players to give their best effort in each round to maximize points.



Success Criteria

I can roll the dice and complete the assigned exercise correctly:

Players demonstrate their understanding of the rules by completing the exercises associated with the dice rolls.

I can collaborate with my partner or team to complete each round efficiently:

Teamwork is demonstrated as players communicate and help each other complete the tasks and accumulate points.

I can adapt to different challenges and maintain a positive attitude throughout the game:

Players remain focused and resilient despite the randomness of the dice rolls, keeping a positive attitude even if challenges arise.



Double Dice Movement

Grade Three & Four

STAY ACTIVE!



Objective:

Double Dice Movement is a dynamic and fast-paced fitness game designed to improve physical fitness, coordination, and teamwork. By rolling dice and completing exercises based on the outcomes, teams race against the clock to complete a series of movements, score points, and develop a competitive spirit.

Players:

- Best played in pairs or small teams (2–4 players per team).

Materials Needed:

- 10 or more six-sided dice.
- Tennis balls (one per pair).
- A game board with categories for exercises (Core, Lower Body, Upper Body, Cardio, and others).
- A way to keep score (paper and pen or a whiteboard).

Setup:

1. Set up the game area with the following:
 - A dice station 50 meters away from the main board where the players will complete the exercises.
 - An activity board featuring different exercise categories and a corresponding list of exercises for each category.
 - A scorekeeping system to tally points earned by teams.
2. Each team or pair will choose their difficulty level for the game:
 - **Beginner:** 5 reps of each exercise.
 - **Intermediate:** 10 reps.
 - **Advanced:** 15 reps.

Gameplay:

1. Round 1 – Rolling the Dice:

- One player from each team runs to the dice station 50 meters away, where they roll the first dice (if playing inside, have the dice station at one end of the room and the teams starting at the other end).
- The first roll determines which category they will be playing from (e.g., Core, Lower Body, Upper Body, etc.).
- The second roll is then completed under the activity board, which determines the specific exercise to be performed within that category.
 - For example, if the first roll is a 1 (Core) and the second roll is a 3 (Reverse Sit-ups), they must perform the exercise for the assigned reps (e.g., 10 Sit-ups for Intermediate level).



Double Dice Movement

Grade Three & Four

STAY
ACTIVE!

2. Exercise Completion:

- After rolling and determining the exercise, players complete the required reps for that exercise as quickly and accurately as possible.
- Once the exercise is completed, the player runs back to the starting point, where the next player rolls the dice to determine the next round of exercises.

3. Round 2 – New Category and Exercise:

- Players repeat the process, rolling the dice again to determine the next category and corresponding exercise.
- The difficulty of the exercises increases with each round based on the number of reps and random dice rolls.

4. Point System:

- Teams earn one point for each completed exercise. If a team rolls a "free pass" (pre-designated on the board), they earn one point automatically without having to complete an exercise.
- The goal is to accumulate as many points as possible by completing the exercises in the set time frame.

5. End of the Game:

- The game continues for a set amount of time, typically 10–15 minutes.
- The team with the most points at the end of the game is crowned the winner.

Exercise Categories:

• Core:

- Sit-ups
- Planks
- Bicycle Crunches
- Leg Raises

• Lower Body:

- Squats
- Lunges
- Glute Bridges
- Squat Jumps

• Upper Body:

- Push-ups
- Tricep chair dips
- Mountain Climbers
- Shoulder Taps

• Cardio:

- Burpees
- High Knees
- Running in Place
- Star Jumps



Double Dice Movement

Grade Three & Four

STAY
ACTIVE!



- **Free Pass (Optional):**

- Players earn points without completing an exercise.

Winning the Game:

The team with the most points at the end of the game wins. If you are using a competitive structure, you can also track points for each round and declare a winner at the end of each game.

Variations for Different Settings:

- **Fitness Edition:**

Adjust the reps or exercise categories to suit the fitness level of participants. You can add more challenging exercises or limit the number of reps for younger players.

- **Children's Edition:**

Use fun, age-appropriate exercises (e.g., animal movements or dance steps) and simplify the rules for younger participants.

- **Team Building Edition:**

Emphasise teamwork by having players collaborate to strategize the best order of exercises or support each other during the challenges.

Additional Notes:

Double Dice Movement is a fun and engaging game that combines strategy with physical fitness. The unpredictability of the dice rolls keeps the game exciting, while the exercise variety ensures participants stay physically active throughout the game. This activity is a great fit for both fitness sessions and team-building events. It encourages cooperation, teamwork, and physical endurance in a fun and interactive setting.

