

Matchy Matchy Dice

PLAY

Matchy Matchy Dice is a fast-paced game where the goal is to score the highest points by strategically setting aside dice without busting. Then, turn those points into a burst of exercise by completing a fun movement challenge. The player with the highest total score after all rounds wins!



Family Objects

Sharpening Our Strategic Thinking:

Family members learn to balance risk and reward by deciding when to keep rolling the dice and when to hold back, making smart choices along the way.

Boosting Our Number Skills:

Everyone gets a chance to practise basic arithmetic and probability as they calculate scores and plan their moves.

Getting Active Together:

After each round, family members enjoy a burst of physical activity—turning game scores into fun exercises that get everyone moving and grooving!



Success Milestones

Smart Dice Decisions:

Family members consistently choose wisely when setting aside dice, demonstrating effective risk management and strategic thinking.

Accurate Scorekeeping:

Players carefully add up their points and follow the dice rules correctly, showing their knack for numbers and fair play.

Enthusiastic Movement Participation:

Everyone actively joins in the movement rounds by completing the set number of repetitions, keeping the energy high and the fun ongoing.



Matchy Matchy Dice

PLAY

Objective:

Matchy Matchy Dice is a fast-paced game where the goal is to score the highest points by strategically setting aside dice without busting. Then, turn those points into a burst of exercise by completing a fun movement challenge. The player with the highest total score after all rounds wins!

Players:

Ideal for two or more players—works best in groups of four, but can easily be adapted for larger or smaller family groups.

Materials:

- **Dice:** Eight six-sided dice per group.
- **Scorekeeping:** Paper and pen (or a board) to record each player's score.
- **Movement Guide:** A list of exercises for each round (see below).

Setup:

1. Determine Order:

Roll a die to decide the playing order. The highest roller goes first, and the lowest becomes the scorekeeper for that round.

2. Prepare Score Sheets:

Write down each player's name and leave space to record their scores and exercise reps for each round.

Gameplay:

1. Starting a Turn:

- On your turn, roll all eight dice.
- Choose one number from the roll and set aside as many dice showing that number as you wish.
- Each chosen die adds to your score for that turn.

2. Continuing the Turn:

- After setting aside dice, you can either end your turn to bank your score or continue by rolling the remaining dice.
- Remember, you must set aside at least one new die with each roll, and you cannot pick a number that you've already set aside during that same turn.

3. Busting:

- If you roll and find no new number to set aside, you "bust" and score zero for that turn.
- When you bust, you must complete ten repetitions of the round's designated exercise.



Matchy Matchy Dice

PLAY

4. Movement Element:

- At the end of your turn, your score for that round is determined by the number of dice you've set aside.
- The number of dice that remain un-set (if you stop before using them all) equals the number of repetitions you must complete for that round's movement.
- **Example:** If you finish your turn with eight dice set aside, you complete eight squats (or the designated exercise for that round).

5. Movement Rounds:

Each round has a specific movement tied to it. For example:

- **Round One:** Squats
- **Round Two:** Star Jumps
- **Round Three:** Lunges
- **Round Four:** Push Ups
- **Round Five:** Sit Ups
- **Round Six:** Chair Squats
- **Round Seven:** Full Body Spins
- **Round Eight:** Squat Jumps
- **Round Nine:** Leg Raises
- **Round Ten:** Burpees

6. Winning the Game:

- The game ends after each player has had a turn in every round.
- Add up each player's scores from all rounds.
- The family member with the highest total score wins the game!

Variations for Extra Fun:

1. Team Play:

Form teams where each member rolls separately, but combine your scores for a team total. Discuss strategy as a team to decide how far to push your luck!

2. Progressive Ante:

Increase the stakes each round by upping the required exercise reps or adding bonus points for particularly daring moves.

3. Wild Dice:

Before each round starts, nominate one number as 'wild'. This number can be used in place of any other and earns double points if set aside.

4. Speed Rounds:

Introduce a time limit for each player's turn to add a bit of pressure and fast-paced excitement to your decision-making.

5. High Roller Mode:

Only count scores above a certain threshold (for example, 50 points) to win the round, encouraging players to take bigger risks for higher rewards.



Matchy Matchy Dice

PLAY

Additional Notes:

Matchy Matchy Dice – Family Edition is a brilliant blend of strategy, maths, and physical activity. It's designed to get everyone thinking, calculating, and moving—perfect for a family game night that's both mentally stimulating and physically active. Enjoy the thrill of risk and reward, and have a blast cheering each other on as you roll, score, and exercise together!

