Rolling with Luck

PLAY

Rolling with Luck – Family Edition is a fast-paced, team-based fitness game that blends dice-rolling with physical challenges. Participants predict whether their dice will roll a lower, higher, or the same number as the instructor's roll. Correct predictions earn points and a plank hold, while incorrect guesses require completing ten reps of a designated exercise. The game promotes quick thinking, physical endurance, and positive interaction, with the highest-scoring player or team crowned the champion at the end of the set time.

Family Objects

Enhance Quick Decision-Making and Strategic Thinking:
Family members practice making rapid choices by predicting whether they'll roll a lower number, higher number, or the same number as the instructor. This sharpens strategic thinking and quick reactions.

Promote Physical Fitness and Endurance:
Participants engage in energetic physical exercises—such as holding a plank or completing reps of various movements—boosting overall fitness while having fun.

Foster Positive Group Interaction and Competition:
By working within designated zones and cheering on each other, family members build camaraderie, support one another, and enjoy friendly competition in a lively, interactive setting.

Learning Intentions

Develop Mental Agility:

Players enhance their ability to think on their feet and make quick predictions about dice outcomes, reinforcing focus and mental sharpness.

Improve Physical Endurance:
Through planks and other exercise challenges, participants work on their strength and endurance in an engaging, game-based format.

Encourage Positive Communication and Teamwork:

The game promotes non-verbal coordination and supportive interaction as players move to designated areas and share their predictions with peers.

Rolling with Luck

PLAY

Success Criteria:
1. **Correct Predictions and Point Accumulation:**
Players earn points by accurately guessing whether their dice roll will be lower, higher, or the same as the instructor's roll. Correct predictions for higher or lower earn 2 points, and guessing the same earns 5 points.
2. **Effective Execution of Exercises:**
Participants complete the required physical challenges—holding a plank for correct guesses and performing ten reps of designated exercises for incorrect guesses—with energy and proper form.
3. **Positive Group Dynamics:**
Family members consistently maintain a positive attitude, encourage one another, and participate actively in both the prediction and exercise phases of the game.

Objective:
Rolling with Luck – Family Edition is a fast-paced, team-based fitness game that blends dice-rolling with physical challenges. Participants predict whether their dice will roll a lower, higher, or the same number as the instructor's roll. Correct predictions earn points and a plank hold, while incorrect guesses require completing ten reps of a designated exercise. The game promotes quick thinking, physical endurance, and positive interaction, with the highest-scoring player or team crowned the champion at the end of the set time.

Players:
- Suitable for individual play or in teams.
- Adaptable for any group size, making it perfect for family gatherings, classrooms, or team-building events.

Materials:
- One six-sided dice for each player or team
- A six-sided dice for the instructor
- A timer (e.g., 10 minutes for the game duration)
- A list of exercises corresponding to incorrect predictions, such as:
    - Squats
    - Lunges
    - Sit-ups
    - Leg Raises
    - Plank Jacks
    - Mountain Climbers
    - Push-ups
    - Squat Thrusters
    - Burpees
    - Squat Jumps
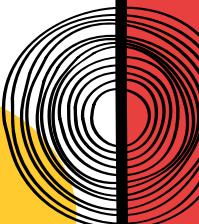
Rolling with Luck

PLAY

Setup:
1. **Designate Zones:**
   - Mark out three distinct areas in your playing space for "Lower," "Higher," and "Same" predictions.
   - Ensure the zones are clearly visible and provide enough space for movement.
2. **Explain the Rules:**
   - Each player or team receives a dice.
   - Before rolling, players must decide and move to one of the three zones based on their prediction (lower, higher, or same) relative to the instructor's upcoming dice roll.
   - Emphasise that no talking is allowed about their chosen prediction once they have selected a zone.
3. **Set the Timer:**
   - Set a timer for the duration of the game (e.g., 10 minutes).

Gameplay:
1. **Prediction and Movement:**
   - Players choose a zone—Lower, Higher, or Same—based on their prediction of the outcome relative to the instructor's dice roll.
   - Once in position, all players roll their dice simultaneously.
2. **Instructor's Roll:**
   - The instructor rolls their dice to set the benchmark for that round.
3. **Evaluating Predictions:**
   - Compare each player's dice roll to the instructor's:
     - **Correct "Lower" or "Higher" Prediction:** The player earns 2 points and must hold a plank until the last incorrect guess completes their exercise.
     - **Correct "Same" Prediction:** The player earns 5 points and holds a plank.
     - **Incorrect Prediction:** The player receives 0 points and must complete 10 reps of an exercise chosen from the provided exercise list.
4. **Exercise Completion:**
   - For incorrect predictions, players perform the exercise challenge.
   - Those who guessed correctly hold their plank until the last player finishes the 10-rep exercise, ensuring the round moves forward together.
5. **Round Continuation:**
   - After each round, players can state if they believe they will win, lose, or draw compared to the instructor for the next roll, and then move to the appropriate zone.
   - The game continues until the timer runs out.

THE SCHOOL OF
PLAY

Winning the Game:

- At the end of the allotted time, tally the points from all rounds.
- The player or team with the highest total score is crowned the champion.
- Celebrate everyone's efforts and highlight the fun and teamwork experienced throughout the game.

Variations for Different Settings:

- **Fitness Edition:**

Modify the exercise list to include more challenging or varied movements to suit different fitness levels.

- **Children's Edition:**

Simplify the game by reducing the number of exercise reps or incorporating more playful exercises like dancing or funny jumps.

- **Team Building Edition:**

Encourage teams to strategise together before each round and to support one another throughout the game, fostering stronger communication and collaboration.

Additional Notes:

Rolling with Luck – Family Edition is an engaging, multi-dimensional game that combines the unpredictability of dice with fun physical challenges. It promotes quick decision-making, boosts physical fitness, and encourages a supportive, positive atmosphere among participants. Enjoy the playful spirit of the game, cheer on your teammates, and let the excitement of each roll bring laughter and energy to your group!

the school of
PLAY