

Ten of a Kind

STAY ACTIVE!

Ten of a Kind is a dynamic dice-rolling game where individuals or teams aim to have all ten dice show the same number. With each roll accompanied by a fun exercise, the game tests both luck and physical ability, making it a well-rounded challenge that promotes fitness, strategy, and perseverance.



Family Objects

Develop Physical Fitness through Play:

Family members stay active and have fun by performing movement-based challenges alongside dice rolls, boosting fitness, coordination, and overall energy.

Enhance Teamwork and Strategy:

Whether playing individually or in teams, participants learn to communicate and strategise as they aim to match all ten dice to the same number, building collaboration and problem-solving skills.

Encourage Perseverance and Focus:

Players develop determination by persistently re-rolling and completing exercises until they align all ten dice on the same number, reinforcing focus and resilience.



Success Milestones

Active Participation in Physical Challenges:

Family members enthusiastically complete the specific movement or exercise associated with each dice roll, demonstrating commitment to both the physical and game elements.

Successful Matching of Dice Numbers:

Players (or teams) successfully align all ten dice to show the same number through a mix of luck, smart strategy, and persistent effort.

Positive Collaboration and Sportsmanship:

Participants work well together by encouraging each other, communicating effectively, and displaying good sportsmanship regardless of the outcome.



Ten of a Kind

STAY ACTIVE!

Objective:

Ten of a Kind is a dynamic dice-rolling game where individuals or teams aim to have all ten dice show the same number. With each roll accompanied by a fun exercise, the game tests both luck and physical ability, making it a well-rounded challenge that promotes fitness, strategy, and perseverance.

Players:

- Playable individually or in teams, depending on the number of dice available.
- Ideal for family gatherings, fitness sessions, or friendly competitions.

Materials:

- Ten dice per player or team
- A list of exercises (or a custom exercise chart) corresponding to the dice rolls
- (Optional) A score sheet if you wish to track rounds and compare performance over time

Setup:

1. Distribute Dice:

- Give each player or team ten dice. Ensure there's enough open space for movement and exercise.

2. Review the Rules:

- Explain that players will roll all ten dice and set aside any that match the target number they wish to achieve.
- For each roll, players must perform a designated exercise corresponding to the dice roll before re-rolling the remaining dice.

Gameplay:

1. Initial Roll:

- Each player or team rolls all ten dice at once.

2. Matching Numbers:

- After the roll, set aside any dice that show the chosen target number.
- Decide on the target number based on the first roll or agree as a team.

3. Exercise Challenge:

- For the dice that remain, players perform a specific movement or exercise based on the dice roll (e.g., if a roll indicates "3," they might do three jumping jacks or another predetermined exercise).

4. Subsequent Rolls:

- Continue rolling the remaining dice and performing the associated exercises until all ten dice show the target number.

5. Winning the Game:

- The first player or team to have all ten dice showing the same number is crowned the champion.

Ten of a Kind

STAY
ACTIVE!

Variations for Different Settings:

- **Fitness Edition:**

Increase the intensity of the physical exercises—for example, add burpees, lunges, or push-ups—to create a more challenging workout.

- **Children's Edition:**

Use simpler and more playful exercises (such as hopping or high-fives) and focus on fun rather than intense competition.

- **Customisable Edition:**

Adapt the game with custom rules or a personalised exercise list that suits your family's interests or current fitness levels.

Additional Notes:

Ten of a Kind is a simple yet engaging game that seamlessly combines elements of chance with physical activity. Its adaptable nature makes it suitable for a variety of settings, age groups, and fitness levels, ensuring that everyone can join in on the fun. Enjoy the excitement, cheer each other on, and relish the unpredictable thrill of aligning all ten dice for that ultimate win!