

Running Dice

STAY ACTIVE!

Running Dice is a team-based fitness game where participants roll a dice and perform specific exercises at designated stations based on the number rolled. The aim is to complete as many rounds as possible within a set timeframe, with each round increasing the number of repetitions, thereby promoting fitness, endurance, and strategic teamwork.



Family Objects

Promote Physical Fitness and Endurance:

Family members boost their fitness and stamina through a series of dynamic exercises that challenge both cardiovascular and strength capacities, ensuring everyone stays active and energised.

Encourage Teamwork and Cooperation:

Participants work in pairs or small teams to complete running and exercise challenges, fostering effective communication, mutual support, and a sense of togetherness as they strive to complete as many rounds as possible.

Develop Strategic Thinking and Goal-Setting:

By planning and coordinating their moves, teams learn to set personal and group goals while strategising to maximise efficiency and progress through the challenge.



Success Milestones

Completion of Multiple Rounds:

Family members actively participate in the dice-rolling, running, and exercise challenges, completing several rounds with increasing repetitions, demonstrating perseverance and consistent effort.

Effective Team Collaboration:

Players show strong teamwork by encouraging each other, communicating clearly, and coordinating their efforts to complete the exercises and move through the rounds as a united team.

Positive Attitude and Engagement:

Participants maintain an enthusiastic and supportive attitude throughout the game, celebrating successes and supporting teammates regardless of challenges faced during the activity.



Running Dice

STAY ACTIVE!

Objective:

Running Dice is a team-based fitness game where participants roll a dice and perform specific exercises at designated stations based on the number rolled. The aim is to complete as many rounds as possible within a set timeframe, with each round increasing the number of repetitions, thereby promoting fitness, endurance, and strategic teamwork.

Players:

- Ideal for pairs or small teams (3 to 4 members per team).
- Suitable for family gatherings, classroom fitness sessions, or team-building events.

Materials:

- One six-sided dice per team (or shared among team members)
- Six markers or cones, each associated with a different exercise
- A designated “home station” area for dice rolling
- (Optional) A timer to set the game duration

Setup:

1. Arrange the Course:

- Set up a home station where the dice will be rolled.
- Place six markers or cones 20 metres away from the home station in a straight line or arranged as desired, with each marker representing a different exercise (e.g., squats, push-ups, jumping jacks, lunges, burpees, or star jumps).

2. Team Formation:

- Divide participants into pairs or small teams (3–4 members per team).

3. Explain the Rules:

- Describe that each round begins with a dice roll at the home station, determining which exercise station to run to.
- Emphasise that after completing the exercise at the designated station, the team must return to the home station for the next roll, with repetitions increasing by one each round.



Running Dice

STAY ACTIVE!

Gameplay:

1. Dice Rolling:

- At the home station, a team member rolls the dice. The number rolled corresponds to one of the six exercise stations (each station is pre-assigned a specific exercise).

2. Running and Exercise Execution:

- The team runs to the designated station based on the dice result.
- Upon reaching the station, they perform one repetition of the assigned exercise during the first round.

3. Increasing Repetitions:

- After returning to the home station, the team rolls the dice again to determine the next exercise.
- With each new round, the number of repetitions for the exercise increases by one (e.g., 1 rep in the first round, 2 reps in the second round, etc.).

4. Continuous Play:

- The cycle of rolling, running, and exercising continues for the duration of the game (set time, e.g., 10–15 minutes) or until the teams decide to stop.

Winning the Game:

- The game can be played as a friendly competition, with the optional goal being to complete the most rounds or exercise repetitions within the allotted time.
- Alternatively, teams can simply aim for personal and collective improvement without formal scoring, with the true win being the fun, fitness, and teamwork experienced throughout the game.

Variations for Different Settings:

- Fitness Edition:**

Modify the exercises to include more challenging movements that target different muscle groups or increase the intensity for a robust workout.

- Children's Edition:**

Use simpler, more playful exercises and reduce the running distance to keep the activity fun, safe, and accessible for younger participants.

- Team Building Edition:**

Focus on collaborative strategies by encouraging teams to plan their moves together and support each other, possibly incorporating friendly challenges or bonus rounds for extra team points.

- Customisable Edition:**

Adapt the number of repetitions or exercise types based on the group's abilities and interests, ensuring that everyone can participate and benefit from the activity.

Running Dice

STAY
ACTIVE!

Additional Notes:

Running Dice – Family Edition is an engaging blend of physical activity, strategic planning, and teamwork. This fun, race-like challenge not only improves fitness and endurance but also encourages participants to work together, communicate effectively, and set achievable goals. Whether played as a friendly competition or a group fitness activity, Running Dice creates an energetic, supportive atmosphere where everyone can enjoy the thrill of the race and celebrate their progress together. Enjoy the challenge, support your teammates, and let the spirit of healthy competition drive you to new heights of fitness and fun!

