

Space Invaders

STAY ACTIVE!

Inspired by the classic arcade game Space Invaders, Space Invaders - Family Edition is a movement-based game where teams roll dice to target and eliminate invader icons. As you score points, you also tackle fun fitness challenges. The aim is to score the most points within the set time, all while working together and staying active.



Family Objects

Enhancing Teamwork and Collaboration:

Family members join forces to plan, chat, and support one another, working as a team to take on the invaders and achieve a common goal.

Boosting Quick Thinking and Problem-Solving:

Everyone practices thinking on their feet by rapidly deciding on the best strategy—whether it's targeting the invaders or tackling a fitness challenge.

Promoting Active Play and Fitness:

By blending movement with gameplay, this activity gets the whole family moving and grooving, ensuring a fun and active experience for all.



Success Milestones

Effective Team Communication and Strategy:

Family teams communicate clearly and plan their moves together, making smart decisions that help them score points and defeat the invaders.

Accuracy in Targeting and Scoring:

Teams roll the dice accurately, target the right invader icons, and keep track of their points, showing off their quick maths and precision skills.

Completion of Fitness Challenges:

Every family member gives their all in the fitness challenges that follow each round, demonstrating enthusiasm and effort as they move and work together.



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Objective:

Inspired by the classic arcade game Space Invaders, Space Invaders – Family Edition is a movement-based game where teams roll dice to target and eliminate invader icons. As you score points, you also tackle fun fitness challenges. The aim is to score the most points within the set time, all while working together and staying active.

Players:

Ideal for pairs or small teams of three to four family members, but easily adaptable for larger groups by forming more teams.

Materials:

- A printed Space Invaders game card for each team.
- Two six-sided dice per team.
- A scoring sheet (as provided on your game card or accompanying PDF).

Setup:

1. Form Your Teams:

Divide into teams of three or four and come up with a team name.

2. Distribute Materials:

Each team gets a Space Invaders game card, two dice, and a scoring sheet.

3. Clear a Playing Area:

Make sure there's enough room for both the game and the fitness challenges.

Gameplay:

1. Rolling and Targeting:

- Teams roll the two dice and add the values together.
- Use the total to target the closest invader icon in the corresponding column on your game card.

2. Scoring Points:

- Each invader icon has a point value based on its colour, as shown on the scoring sheet.
- Cross off the invader once you've scored it.

3. Fitness Challenges:

- After an invader is eliminated, roll the dice again to determine which fitness movement to complete.
- The colour of the invader you just removed corresponds to a specific exercise (for instance, red might mean jumping jacks, blue might be push-ups, etc.).

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4. Double Rolls:

- If you roll doubles (the same number on both dice), you get to cross off two invader icons in that column and earn points for both.

5. Game Duration:

- Play for 10 to 15 minutes, or for as long as suits your family gathering.

Winning the Game:

At the end of the set time, tally up the points. The team with the highest total is declared the victor. If scores are tight, the team with the highest points wins the day!

Variations for Different Settings:

- **Children's Edition:**

Simplify the fitness challenges and use a more straightforward scoring system to keep it light and fun for the little ones.

- **Fitness Edition:**

Up the ante with more vigorous exercises—such as squats, lunges, or even burpees—for a heartier workout.

- **Team Building Edition:**

Place extra emphasis on communication and strategy, perhaps even adding a round where teams brainstorm together before each roll.

Additional Notes:

Space Invaders – Family Edition brings together nostalgic fun, teamwork, and physical activity into one engaging game. It's a brilliant way to break up a family day or get everyone moving during a gathering. Adaptable to various group sizes and fitness levels, this game is all about having a laugh, staying active, and working together as a team. Enjoy the challenge, cheer each other on, and may the best team win!

TEAM NAME:

TOTAL HITS:

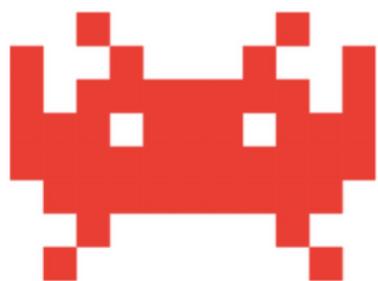


1 2 3 4 5 6 7 8 9 10 11 12

SCORING SYSTEM



ONE POINT



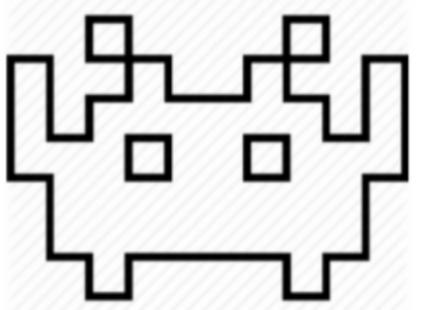
TWO POINTS



THREE POINTS

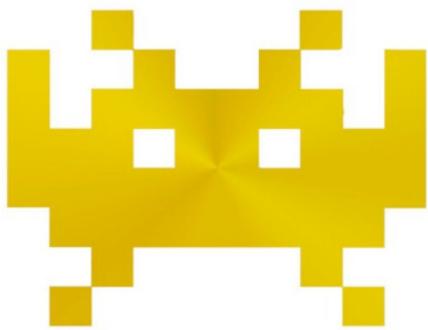


FOUR POINTS



FIVE POINTS

SPACE INVADERS DICE

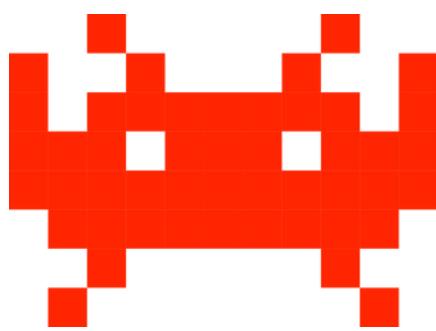


1
2
3

squats
lunges
sumo squats

4
5
6

squat jumps
ski jumps
star jumps

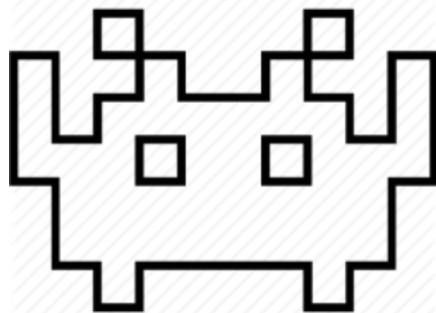


1
2
3

sit up
leg raises
beetles

4
5
6

mountain climbers
shoulder taps
plank jacks



1
2
3

donkey kicks
flamingo squats
Russian twists

4
5
6

single arm raise
lunge jumps
in out squats



1
2
3

push ups
commandos
dips

4
5
6

burpees
30 second plank hold
squat thrusters



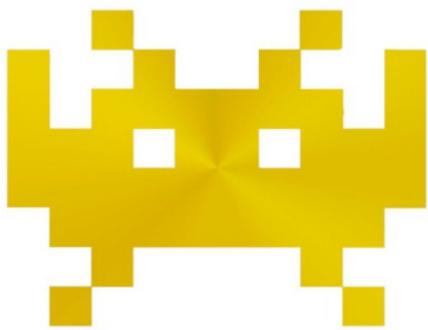
1
2
3

tuck jumps
gluten bridges
V-sits

4
5
6

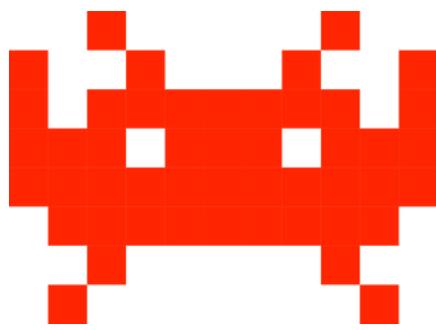
30 second wall sit
reverse sit up
180 degree squat jumps

SPACE INVADERS DICE



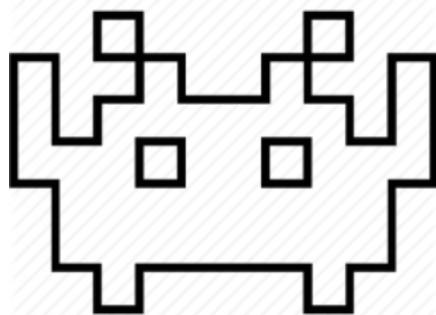
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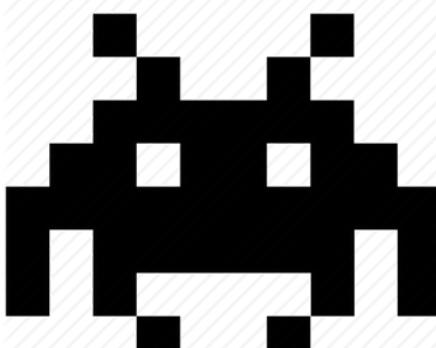
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 the school of PLAY

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6
