

Dice Combos

STAY ACTIVE!

Dice Combos - Family Edition is a partner-based game that blends fitness challenges with strategic dice rolling. The goal is to work as a team to complete exercises and accumulate the highest number of points within a ten-minute timeframe.



Family Objects

Promoting Teamwork and Cooperation:

Family members partner up to strategise and complete fun fitness challenges, learning to communicate effectively and support each other to achieve a common goal.

Encouraging Physical Fitness and Endurance:

Everyone gets moving with a series of exercises that boost strength, endurance, and overall physical activity, making fitness fun and interactive.

Developing Strategic Thinking and Decision-Making:

By rolling dice and choosing between higher-rep, high-point exercises or lower-rep, faster options, family teams sharpen their strategic skills while having a blast.



Success Milestones

Effective Team Communication and Strategy:

Family pairs work together smoothly, discussing tactics and encouraging one another to maximise their points within the time limit.

Completion of Physical Challenges:

Everyone actively participates in the exercises dictated by the dice rolls, showing effort and determination while keeping up the pace.

Strategic Accumulation of Points:

Teams successfully balance exercise difficulty and speed, accumulating points through smart decisions and optimal performance during the ten-minute challenge.



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Objective:

Dice Combos – Family Edition is a partner-based game that blends fitness challenges with strategic dice rolling. The goal is to work as a team to complete exercises and accumulate the highest number of points within a ten-minute timeframe.

Players:

Played in pairs, making it perfect for family gatherings or group activities. It's easily adaptable for any group size.

Materials:

- A six-sided dice for each player.
- A score sheet and pen for each pair.
- Exercise cards that assign points to different dice combinations.

Setup:

1. Distribute Supplies:

- Give each pair a dice, a score sheet, and a set of exercise cards.

2. Establish a Play Area:

- Ensure there's enough room for both static holds and movement to the points station (for example, a 50-metre run can be modified for indoor settings).

Gameplay:

1. Static Holds:

- Partners start in a static hold position. They alternate between different holds as they prepare for the next phase of the game.

2. Rolling for Order:

- Teams take turns rolling the dice, aiming to roll numbers 1 through 6 in sequence.
- Each number is marked off on their scorecard as it's rolled.

3. Point Station:

- Once a team completes the sequence up to 6, they dash (or run) 50 metres to the designated points station.

4. Exercise and Scoring:

- At the points station, teams roll both dice to produce a two-digit number.
- They then complete the corresponding exercise, with the total number of repetitions split between the two players.
- The higher the total reps (and hence, the exercise challenge), the more points they earn as outlined on the exercise cards.



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5. Strategy:

- Pairs must decide whether to aim for higher rep counts (for more points) or opt for lower reps to complete challenges quicker and roll again, balancing speed with score optimisation.

6. Time Limit:

- The game is played over a ten-minute period, during which teams work to accumulate as many points as possible.

Winning the Game:

At the end of the ten minutes, the pair with the most points wins. The focus is on fun, teamwork, and healthy competition, so celebrate everyone's efforts regardless of the final score.

Variations for Different Settings:

- **Fitness Edition:**

Adjust the difficulty or type of exercises to match the fitness levels of all family members.

- **Children's Edition:**

Simplify the exercises and shorten the duration to keep it engaging and safe for the younger ones.

- **Team-Building Edition:**

Emphasise communication and strategic planning, encouraging teams to discuss and refine their approach to maximise points.

Additional Notes:

Dice Combos – Family Edition is a dynamic and engaging game that brings together the excitement of dice rolling with the benefits of a good workout. It's an excellent way to boost teamwork, physical activity, and strategic thinking, all while having a great time together. Adapt the game to suit your family's needs and fitness levels, and most importantly, enjoy the friendly competition and the shared sense of achievement that comes from working as a team!



Dice Combos

Points station exercises

Dice combos	Exercise
2	Squats
3	Lunges
4	Sit-ups
5	Leg raises
6	Plank jacks
7	Push-ups
8	Dips
9	Sumo squats
10	Squat jumps
11	Squat thrusters
12	Burpees

Dice Combos

Dice combo game cards

Dice combos	Points per round
1 2 3 4 5 6	
6 5 4 3 2 1	
1 1 1 1 1 1	
2 2 2 2 2 2	
3 3 3 3 3 3	
4 4 4 4 4 4	
5 5 5 5 5 5	
6 6 6 6 6 6	
5 5 3 3 1 1	
2 2 4 4 6 6	
2 4 6 2 4 6	
1 3 5 1 3 5	
6 4 2 5 3 1	
2 3 2 3 2 3	
4 5 4 5 4 5	
1 6 1 6 1 6	