

Dice Cricket

STAY ACTIVE!

Dice Cricket – Family Edition is a cricket-themed dice game where pairs compete to score runs by rolling a six-sided dice. Each roll translates into runs or an 'out' and comes with a corresponding exercise, blending chance with physical activity for a fun, interactive experience.



Family Objects

Enhancing Strategic Thinking and Numeracy:

Family members work together to plan their batting strategy by rolling dice, adding up runs, and keeping track of scores. This playful game helps everyone sharpen their maths skills and understand the probabilities behind each roll.

Promoting Physical Fitness and Activity:

Every roll comes with a burst of physical exercise—from push-ups to squats—keeping everyone active and energised while having a laugh.

Fostering Teamwork and Communication:

By playing in pairs and discussing strategies, family members encourage one another and build stronger bonds through positive, supportive interactions.



Success Milestones

Effective Scorekeeping and Strategy:

Family players accurately record their runs and make smart decisions on how to maximise their scores, showing a good grasp of the game's rules and strategic elements.

Active Participation in Physical Exercises:

Everyone enthusiastically performs the assigned exercises linked to their dice rolls, demonstrating commitment to both the fun and fitness aspects of the game.

Positive Interaction and Encouragement:

Players interact in a friendly and supportive manner, offering encouragement and sharing tips throughout the game to ensure a collaborative and enjoyable experience.



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Objective:

Dice Cricket – Family Edition is a cricket-themed dice game where pairs compete to score runs by rolling a six-sided dice. Each roll translates into runs or an ‘out’ and comes with a corresponding exercise, blending chance with physical activity for a fun, interactive experience.

Players:

Played in pairs—perfect for family gatherings. Each pair needs a dice and a method to record their scores.

Materials:

- A six-sided dice for each pair
- Paper and pen (or a printed scoring sheet) for keeping score

Setup:

1. Seating Arrangement:

- Have each pair sit together in a comfortable space with their dice and scoring sheet.

2. Review the Rules:

- Explain that rolls of 1, 2, 3, 4, or 6 add to their batting score and trigger a specific exercise (with the number of repetitions matching the roll).
- A roll of 5 means the batsman is ‘out’, and the current score is recorded before moving to the next batter.

Gameplay:

1. Batting and Scoring:

- Players take turns ‘batting’ by rolling the dice.
- Rolls of 1, 2, 3, 4, or 6 are added to the batting score, and the player must complete the assigned exercise for that roll (e.g., if you roll a 3, you do 3 push-ups or squats as designated).

2. Getting ‘Out’:

- If a player rolls a 5, their batsman is declared ‘out’, and they record their score for that inning before the next batsman takes over.

3. Exercise Challenge:

- Each dice roll corresponds to a different exercise, keeping the game lively and ensuring everyone gets a bit of a workout.

4. Game Progression:

- The game continues until all ten batsmen have been dismissed (or until a predetermined limit is reached if playing with younger children or for a shorter session).



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Winning the Game:

- The pair with the highest total score across all their batters at the end of the game wins.
- The focus is on fun, fitness, and friendly competition, so everyone should celebrate each other's efforts and enjoy the game together.

Variations for Different Settings:

- **Fitness Edition:**

Adjust the exercises for each dice roll to provide a full-body workout suitable for all fitness levels.

- **Educational Edition:**

Incorporate maths challenges or strategic questions related to cricket or probability to further enhance numeracy skills.

- **Team Building Edition:**

Emphasise discussion and teamwork by having partners brainstorm strategies and cheer each other on throughout the game.

Additional Notes:

Dice Cricket – Family Edition is a dynamic game that seamlessly blends the excitement of cricket, the unpredictability of dice, and the benefits of physical exercise. It's adaptable for various group sizes and fitness levels, making it an ideal activity for family gatherings, backyard sports, or even classroom warm-ups. Enjoy the friendly competition, the workouts, and the quality time spent together, and may the best batting pair win!

Dice Cricket Fitness

Player 1: []

Batsmen	Exercise	Score
1	Squat Thrusters	[]
2	Push Ups	[]
3	Sit Ups	[]
4	Alternating Lunges	[]
5	Commandoes	[]
6	V-Sits	[]
7	Sumo Squat Jumps	[]
8	Reverse Sit Ups/ Supermans	[]
9	Mountain Climbers (Each leg)	[]
10	Burpees	[]
11	400 meter run	[]
Total Score		[]

Player 2: []

Batsmen	Exercise	Score
1	Squat Thrusters	[]
2	Push Ups	[]
3	Sit Ups	[]
4	Alternating Lunges	[]
5	Commandoes	[]
6	V-Sits	[]
7	Sumo Squat Jumps	[]
8	Reverse Sit Ups/ Supermans	[]
9	Mountain Climbers (Each leg)	[]
10	Burpees	[]
11	400 meter run	[]
Total Score		[]

Dice Cricket Fitness

Player 1: []

Batsmen	Exercise	Score
1	Kettle bell swings	[]
2	slam balls	[]
3	kettle bell front squats	[]
4	knee slam balls	[]
5	kettle bell thrusters	[]
6	kettle bell Russian twists	[]
7	over head slam ball squats	[]
8	Reverse Sit Ups/ Supermans	[]
9	kettle bell shoulder press	[]
10	kettle bell deadlifts	[]
11	400 meter run	[]
Total Score		[]

Player 2: []

Batsmen	Exercise	Score
1	Kettle bell swings	[]
2	slam balls	[]
3	kettle bell front squats	[]
4	knee slam balls	[]
5	kettle bell thrusters	[]
6	kettle bell Russian twists	[]
7	over head slam ball squats	[]
8	Reverse Sit Ups/ Supermans	[]
9	kettle bell shoulder press	[]
10	kettle bell deadlifts	[]
11	400 meter run	[]
Total Score		[]