Yahtzee

To engage participants in a fun, fitness-based version of Yahtzee where teams roll dice, score points in designated categories, and perform corresponding exercises. With each round and a team run between rolls, the game combines strategic play with physical activity, and the team with the highest score at the end wins.

Family Objects

Enhancing Strategic Thinking and Cooperation:
Family members work together in teams to plan their dice rolls and exercise choices, sharpening their strategic decision-making while learning to cooperate and support one another.

Promoting Physical Fitness and Activity:
Players engage in fun exercises tied to their dice scores, keeping everyone active and energised. The addition of team runs between rounds boosts overall fitness in a playful setting.

Fostering Positive Social Interaction and Excitement:
This lively twist on the classic game Yahtzee encourages friendly competition and lots of laughs, creating a positive, inclusive atmosphere for all ages.

Success Milestones

Effective Dice Rolling and Strategy:
Teams accurately roll and reroll their 5 dice, choosing scoring categories wisely to maximise their points and minimise penalties.

Active Participation in Exercises:
Players enthusiastically complete the assigned exercises after each scoring round, demonstrating commitment to both the game and their fitness.

Teamwork and Positive Engagement:
Throughout the game, teams work together, encourage each other during runs, and maintain a fun, supportive environment that celebrates every effort.

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Objective:
To engage participants in a fun, fitness-based version of Yahtzee where teams roll dice, score points in designated categories, and perform corresponding exercises. With each round and a team run between rolls, the game combines strategic play with physical activity, and the team with the highest score at the end wins.

Players:
- Teams of 4 (or any number that suits your group size)
- Adaptable for small family groups or larger gatherings

Materials:
- 5 six-sided dice per team
- A printed scorecard with Yahtzee categories and corresponding exercise instructions
- Paper and pen for keeping score (or a pre-designed PDF score sheet)
- An open space for team runs (e.g., 100m or 200m track)

Setup:
1. **Form Teams:**
   - Divide participants into teams of 4 (or adjust to suit your group size).
2. **Distribute Materials:**
   - Provide each team with 5 dice, a scorecard, and instructions detailing which exercise corresponds to each scoring category.
3. **Explain the Rules:**
   - Outline that teams will have up to 3 rolls per turn to achieve the best dice combination.
   - After 3 rolls, they must choose a category (e.g., “ones,” “twos,” “threes,” etc., or additional categories like “small straight”) to score.
   - The total score for that category is added to their team’s score, and they must then complete the exercise attached to that category.
   - If a team cannot match the category (for instance, if they aim for a small straight and don’t achieve it in 3 rolls), they record a zero for that category and complete double the reps as a penalty.
4. **Prepare for Team Runs:**
   - Set up a running area where teams will complete a 100m or 200m run between rounds.

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Gameplay:

1. **Rolling and Rerolling:**
   - Each team takes turns rolling their 5 dice. They may choose to reroll some or all of the dice up to a total of 3 rolls per turn.
2. **Choosing a Scoring Category:**
   - After the final roll, teams select a scoring category from their scorecard. For example, if they rolled three 1's, they may choose the "ones" category and record 3 points.
3. **Completing the Exercise:**
   - Following the scoring, the team performs the exercise assigned to that category. The number of repetitions typically corresponds to the score (or another set guideline).
   - If the chosen category isn't met (e.g., aiming for a small straight and failing after 3 rolls), the team earns 0 for that category and must complete double the normal reps as a penalty.
4. **Team Run:**
   - Between rounds, the whole group comes together for a team run (100m or 200m). This adds an extra physical challenge and boosts energy levels.
5. **Game Continuation:**
   - The game continues with teams taking turns until every scoring category on the scorecard is filled.

Winning the Game:

- At the end of the session (typically after 10 minutes or when the scorecards are complete), the team with the highest total score is declared the winner.
- Emphasis is on fun, fitness, and teamwork, so celebrate all efforts and encourage positive interactions regardless of the final score.

Variations for Different Settings:

- **Fitness Edition:**

Tailor the exercises for each scoring category to offer a full-body workout suited to your group's fitness levels.

- **Educational Edition:**

Incorporate additional maths or strategic elements into the game, such as bonus points for solving quick puzzles related to dice probabilities.

- **Team Building Edition:**

Focus on enhancing communication and collaboration, encouraging teams to discuss their strategies and motivate each other throughout the game.

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Additional Notes:
Yahtzee – Family Fitness Edition is a dynamic twist on the classic game, perfectly blending strategic dice rolling with fun, physical exercises. It's adaptable to various group sizes and fitness levels, making it a fantastic activity for family gatherings, school events, or corporate team-building sessions. Enjoy the friendly competition, keep the energy high with team runs, and most importantly, have fun scoring those runs while staying active and connected!

The exercises/scorecard

Dice combos	How to score	Participant score	Exercise required
Ones	Count and add ones		30 kettlebell swings
Twos	Count and add twos		20 kettlebell squats
Threes	Count and add threes		20 kettlebell deadlift jumps
Fours	Count and add fours		20 kettlebell pull ups
Fives	Count and add fives		20 kettlebell shoulder presses
Sixes	Count and add sixes		20 kettlebell thrusters
Three of a kind	Add total of all dice		40 bicycles (opposite arm to leg)
Four of a kind	Add total of all dice		20 sumo squat jumps
Small straight	Sequence of 4 numbers (score 30)		20 opposite arm to leg planks
Large straight	Sequence of 5 numbers (score 40)		20 commandos
Yahtzee	5 of a kind (score 50)		20 squat thrusters
Chance	Add total of dice		20 V-Sits

Yahtzee Fitness

Team Name:

Team Scorecard

Dice combo	How to score	Team score	Exercise
Ones	count & add ones		30 Kettle Bell swings
Twos	count & add twos		30 slam balls
Threes	count & add threes		20 kettle bell squats
Fours	count & add fours		20 knee slam balls
Fives	count & add fives		20 kettle bell deadlift jumps
Sixes	count & add sixes		20 kettle bell thrusters
Three of a kind	add total of all dice		20 side to side slam balls
Four of a kind	add total of all dice		30 kettle bell pull ups
Small straight	sequence of four numbers (score 30)		20 kettle bell shoulder presses
Large Straight	sequence of five numbers (score 40)		20 kettle bell lunges
Yahtzee	five of a kind (score 50)		20 kettle bell single arm swings
Chance	Add total of dice		30 kettle bell deadlifts

Team total score

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Yahtzee Fitness

Team Name:

Team Scorecard

Dice combo	How to score	Team score	Exercise
Ones	count & add ones		20 push ups
Twos	count & add twos		20 squat thrusters
Threes	count & add threes		30 squat jumps
Fours	count & add fours		30 lunges (alternating legs)
Fives	count & add fives		20 V-Sits
Sixes	count & add sixes		20 Commandoes
Three of a kind	add total of all dice		10 Burpees
Four of a kind	add total of all dice		30 Sit Ups
Small straight	sequence of four numbers (score 30)		30 Sumo squats
Large Straight	sequence of five numbers (score 40)		20 Dips
Yahtzee	five of a kind (score 50)		20 tuck jumps or box jumps
Chance	Add total of dice		30 star jump squats
Team total score			

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