

Area Dice Challenge

STAY ACTIVE!

Area Dice Challenge is a strategic and educational game that blends maths skills with physical exercise. Two players compete to cover the most area on a game grid by rolling dice and calculating the area of rectangles. After marking their area, they perform exercises corresponding to the size of the area they covered. The game encourages both cognitive and physical engagement in a fun, competitive format.



Family Objects

Enhancing Math Skills Through Area Calculation:

Family members will practise calculating the area of rectangles formed by dice rolls, strengthening their multiplication skills and spatial reasoning in a fun and interactive way.

Promoting Physical Fitness and Exercise:

By performing exercises based on the area they colour on the grid, everyone stays active and boosts their fitness, striking a healthy balance between brainpower and physical movement.

Developing Strategic Thinking and Spatial Awareness:

Players learn to plan their moves carefully on the grid, maximising their total area while potentially blocking their opponent. This builds both strategic thinking and an awareness of space.



Success Milestones

Accurate Area Calculation:

Family members accurately calculate the area of the rectangles using their dice rolls and correctly mark their calculated areas on the grid, showing a strong grasp of multiplication and spatial concepts.

Active Participation in Physical Challenges:

Players enthusiastically complete the exercises assigned based on the area they cover, demonstrating commitment to both the mental and physical aspects of the game.

Strategic Gameplay and Maximising Area:

Participants effectively strategise to cover as much area on the grid as possible, using smart moves to enhance their score while keeping an eye on their opponent's placements.



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Objective:

Area Dice Challenge is a strategic and educational game that blends maths skills with physical exercise. Two players compete to cover the most area on a game grid by rolling dice and calculating the area of rectangles. After marking their area, they perform exercises corresponding to the size of the area they covered. The game encourages both cognitive and physical engagement in a fun, competitive format.

Players:

- Played in pairs (two participants per game card).
- Suitable for family gatherings, classrooms, or group fitness sessions.

Materials:

- Two six-sided dice for each participant.
- A printed game grid (PDF) with a 3×3 layout or an open grid for area marking.
- Two different coloured markers (one for each player).
- Paper and pen for scorekeeping (optional).

Setup:

1. Starting Positions:

- Each player starts at opposite ends of the game grid with their dice and markers.

2. Preparation:

- Ensure the grid is clearly marked and that each player's colour is designated for their moves.

Gameplay:

1. Rolling for Area:

- On each turn, a player rolls two dice. The two numbers represent the dimensions (length and width) of a rectangle.
- For example, a roll of 3 and 4 forms a rectangle with an area of $3 \times 4 = 12$.

2. Calculating and Colouring the Area:

- The player calculates the area and then colours in that rectangle on the grid with their designated marker.
- Keep track of the total area coloured as your score.

3. Exercise Challenge:

- After colouring, the player rolls one additional dice to determine an exercise.
- They then perform the number of repetitions equal to the area they just covered (e.g., if the area was 12, perform 12 reps of the assigned exercise).

4. Game Progression:

- Players alternate turns, continuously rolling, calculating, colouring, and exercising.
- The game continues until the grid is full or a set time limit (e.g., 10–15 minutes) is reached.

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Winning the Game:

- The winner is the player who has covered the largest total area on the grid by the end of the game.
- Alternatively, tally scores based on both the total area and the successful completion of the exercise challenges.

Variations for Different Settings:

- **Educational Edition:**

Focus on the maths component by incorporating more challenging area calculations or additional shapes.

- **Fitness Edition:**

Tailor the exercises for each area size to offer a full-body workout, such as incorporating push-ups, squats, or burpees.

- **Competitive Edition:**

Introduce strategic elements, such as allowing players to block their opponent's moves on the grid, adding an extra layer of tactical gameplay.

Additional Notes:

Area Dice Challenge – Family Edition is a brilliant way to blend learning with physical activity. Suitable for various ages and adaptable to different skill levels, this game promotes cognitive development through maths while encouraging a healthy, active lifestyle. Enjoy the challenge, cheer each other on, and have fun maximising your space and strength together!

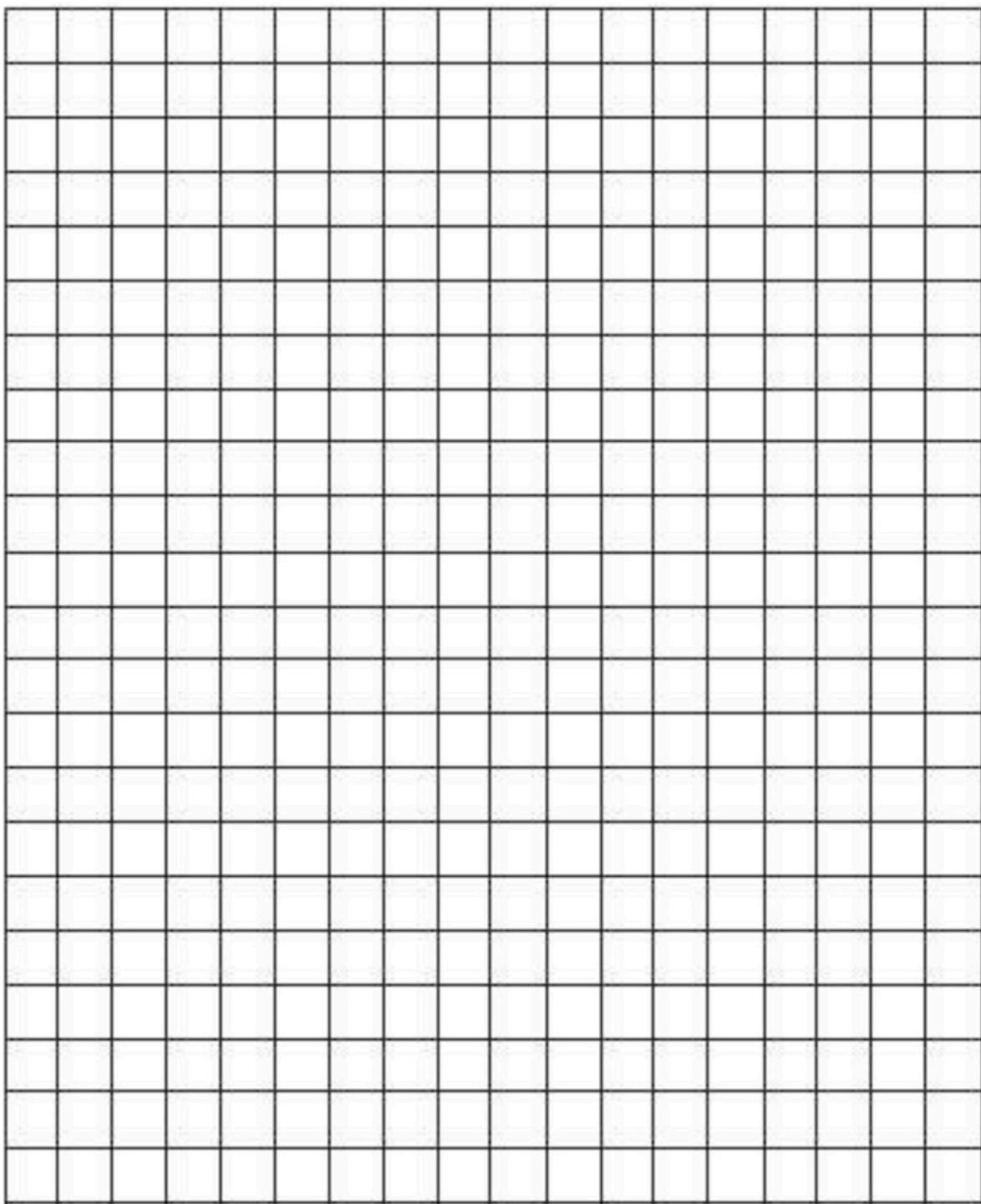
Area Dice Challenge

Blank game card

| Dice rolls | Exercise to complete |
|------------|----------------------|
| One | |
| Two | |
| Three | |
| Four | |
| Five | |
| Six | |

Area Dice Challenge

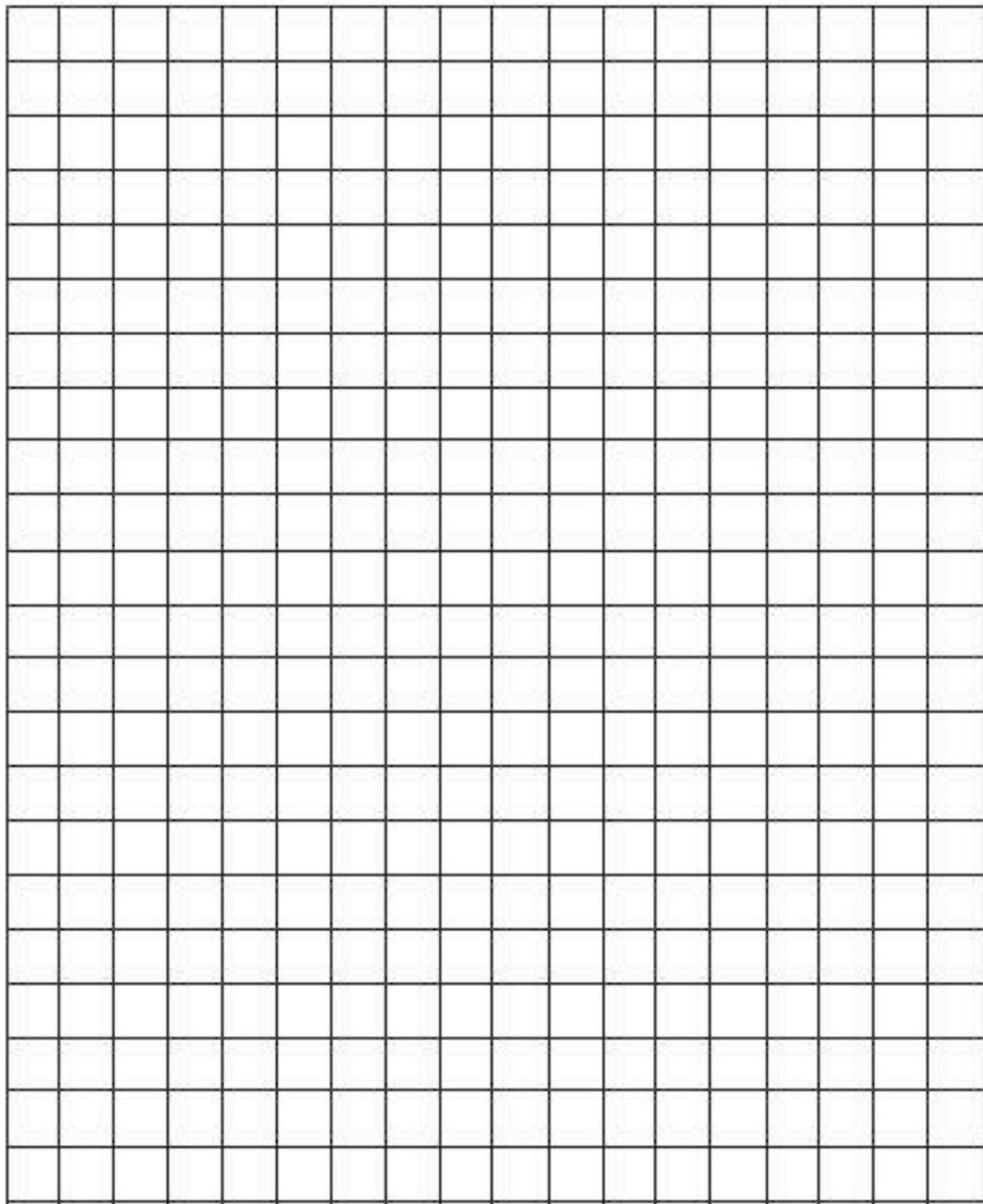
Player one starts this end



Player two starts this end

| Dice rolls | Exercise to complete |
|------------|----------------------|
| One | Squats |
| Two | Lunges |
| Three | Push ups |
| Four | Squat thrusters |
| Five | Sit ups |
| Six | Plank jacks |

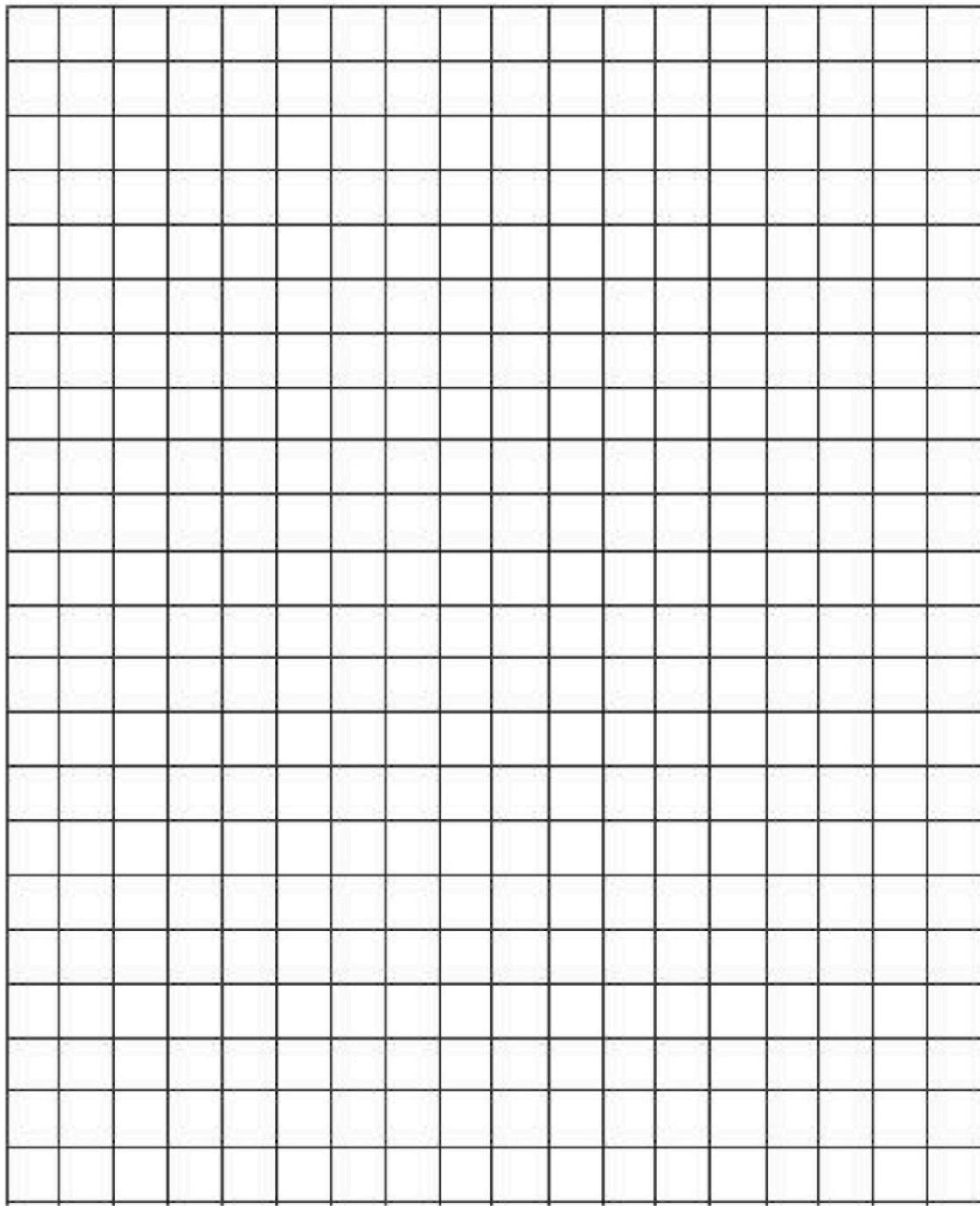
PAPER ONE



PAPER TWO

| Dice rolls | Exercise too complete |
|------------|-----------------------|
| One | |
| Two | |
| Three | |
| Four | |
| Five | |
| Six | |

PAPER ONE



PAPER TWO