

Dice Car Racing

STAY ACTIVE!

Dice Car Racing – Family Edition is a team-based game that blends physical activity with the excitement of dice rolling to simulate a car race. Teams compete to move their 'dice car' across the finish line first by performing exercises corresponding to dice rolls, promoting fitness, teamwork, and friendly competition.



Family Objects

Promote Physical Fitness through Play:

Family members get active by engaging in fun physical exercises that boost coordination, endurance, and overall fitness—all while racing their 'dice cars' to the finish line.

Encourage Teamwork and Collaboration:

Teams work together to strategise and support one another, learning how to communicate effectively and advance as a unit in the race.

Develop a Competitive Spirit with Sportsmanship:

Participants experience healthy competition, cheering for their teammates and showing respect for other teams, which fosters a positive, supportive atmosphere.



Success Milestones

Active Participation in Physical Exercises:

Family members enthusiastically complete the designated exercises at each spot on the racecourse, demonstrating engagement and energy throughout the game.

Effective Team Collaboration:

Teams communicate clearly and work together, successfully moving their dice car forward by combining strategy and teamwork.

Positive Attitude and Sportsmanship:

Players maintain a positive, encouraging attitude, celebrating successes and respecting the outcomes of each round while supporting one another.



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Objective:

Dice Car Racing – Family Edition is a team-based game that blends physical activity with the excitement of dice rolling to simulate a car race. Teams compete to move their 'dice car' across the finish line first by performing exercises corresponding to dice rolls, promoting fitness, teamwork, and friendly competition.

Players:

- Divide participants into six teams, each represented by a number from one to six.
- Ideal for family gatherings, school activities, or group events.

Materials:

- Seven six-sided dice
- A printed game card or a deck of "Fun Fitness Daily Mission Cards" to designate exercises
- A pre-determined racecourse area with designated spots for each team's dice (this can be set up on a large mat or drawn on the ground)

Setup:

1. Form Teams:

- Divide players into six teams and assign each team a unique number from one to six.

2. Set Up the Racecourse:

- Arrange the racecourse with clearly marked spots where teams will advance their dice car after each roll.
- Place the game cards or exercise cards nearby, indicating the exercise challenge for each spot.

3. Materials Distribution:

- Ensure that all teams have access to the dice and know the exercise associated with each spot.

Gameplay:

1. Rolling the Dice:

- The instructor (or a designated facilitator) rolls one die to determine which team's dice car moves forward on the racecourse.

2. Exercise Challenge:

- Once the team is selected, all teams (or at least the chosen team) perform the exercise designated for that spot on the racecourse.
- Typically, teams perform between five to ten repetitions of the exercise (e.g., jumping jacks, squats, or push-ups) to keep the game energetic.

3. Race Progression:

- Continue rolling the dice and moving the teams' dice cars forward, with each roll followed by the corresponding exercise challenge.

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4. Finish Line:

- The race continues until one team's dice car crosses the finish line.

Winning the Game:

- The first team to reach the finish line is declared the winner.
- As a fun twist, the winning team may choose a "punishment" exercise (like a quick, playful challenge) for the other teams to perform, adding extra laughter and camaraderie to the game.

Variations for Different Settings:

- **Children's Edition:**

Use simpler, fun exercises and shorten the race distance to keep the game light-hearted and accessible for younger players.

- **Competitive Edition:**

Introduce more challenging exercises and extend the race distance to increase the intensity for fitness enthusiasts.

- **Inclusive Edition:**

Modify the exercises to accommodate all participants' fitness levels and abilities, ensuring everyone can join in the fun and contribute to their team's success.

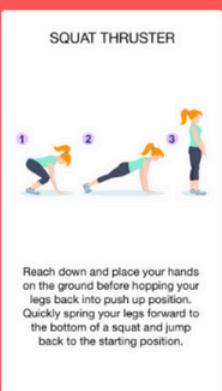
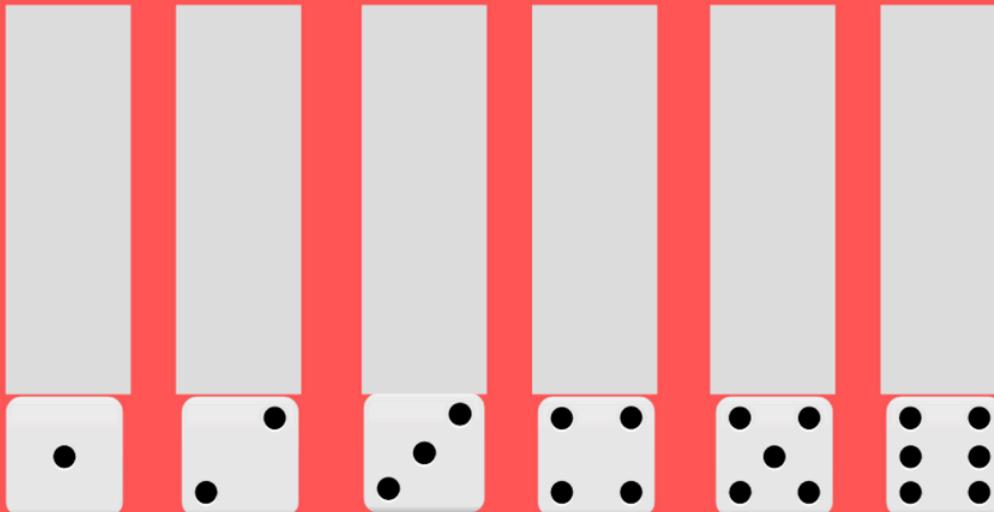
Additional Notes:

Dice Car Racing – Family Edition is an exciting, engaging game that combines the unpredictability of dice rolling with fun physical challenges. It not only promotes physical fitness and teamwork but also creates a lively atmosphere full of friendly competition and mutual encouragement. Whether played at home, in a classroom, or at a community event, this game is sure to spark energy, laughter, and strong team spirit among all participants. Enjoy the race and have fun moving, exercising, and cheering each other on!

FINISH LINE



START LINE



Reach down and place your hands on the ground before hopping your legs back into push up position. Quickly spring your legs forward to the bottom of a squat and jump back to the starting position.



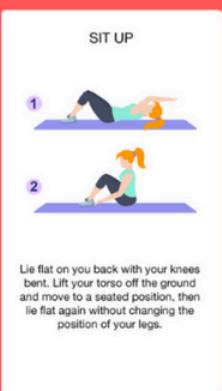
Stand with feet together. Bend your legs, jump up, and separate your feet in mid-air and land in a squat hold. Then jump back up and land in starting position.



Lie on your back, legs straight and together. Lift your legs to the ceiling until your butt comes off the floor. Then lower back to your starting position.



Start in a high plank position with hands beneath the shoulders and toes down. Keeping your legs and back straight, bend your arms at the elbow to lower the body down. Once the chest is hovering off the ground, extend the arms and push the body back up to the starting position.



Lie flat on you back with your knees bent. Lift your torso off the ground and move to a seated position, then lie flat again without changing the position of your legs.