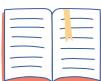


# Getting Dicey With It

STAY ACTIVE!

**Getting Dicey With It** is a fun, interactive dice game played in pairs that combines chance with fitness challenges. Players predict whether the sum of two dice rolls will be odd or even, earning points for correct predictions and performing physical exercises when they're wrong. A twist involving doubles lets teams steal points, adding extra strategy and excitement.



## Family Objects

### Enhance Physical Fitness through Play:

Family members engage in lively fitness exercises while enjoying a fun, interactive dice game that gets everyone moving and laughing.

### Develop Strategic Thinking:

Players practise making predictions about whether the sum of two dice will be odd or even, sharpening their critical thinking and adapting their strategies based on the game's twists.

### Foster Teamwork and Communication:

Working in pairs, participants collaborate by discussing their predictions, encouraging each other, and completing challenges together, which builds strong bonds and effective communication skills.



## Success Milestones

### Active Participation in Fitness Challenges:

Family members enthusiastically perform the assigned exercises when their predictions are off, showing both energy and commitment to the physical aspect of the game.

### Correct Predictions and Strategic Play:

Players make thoughtful, well-considered predictions about the outcomes of dice rolls and adjust their strategy to maximise points, demonstrating a good grasp of odds and game dynamics.

### Positive Collaboration and Sportsmanship:

Participants work as a team, communicate effectively with their partners, and maintain a positive attitude—cheering each other on whether they win points or perform extra exercises.



# Getting Dicey With It



## Objective:

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## Players:

- Played in pairs, making it ideal for family gatherings, fitness sessions, or classroom activities.
- Adaptable for larger groups by having multiple pairs compete simultaneously.

## Materials:

- A six-sided dice for each player (or one dice per pair)
- A list of exercises for players to complete (e.g., squats, push-ups, or other movements)
- (Optional) A timer or score sheet for tracking points and game time

## Setup:

### 1. Distribute Materials:

- Give each pair two dice and a copy of the exercise list.

### 2. Explain the Rules:

- Each pair must predict whether the sum of their dice roll will be odd or even before rolling.
- Review the exercise list and the doubles rule with all participants.

## Gameplay:

### 1. Predicting Odds or Evens:

- Before rolling, each pair decides and announces their prediction: will the sum of the two dice be odd or even?

### 2. Rolling the Dice:

- Both players roll their dice simultaneously and add the numbers together.

### 3. Scoring Points:

- If the sum matches their prediction (odd or even), they earn one point and roll again.

### 4. Performing Exercises:

- If the prediction is incorrect, the pair must complete a physical exercise.
- They perform a number of repetitions equal to the dice sum (e.g., if the sum is 7, they do 7 squats).
- Each subsequent wrong guess moves them down the exercise list; once they reach the bottom, the list cycles back to the top.

### 5. Doubles Rule:

- If a pair rolls doubles (both dice showing the same number), they earn a bonus opportunity:
  - They complete a 100-metre run (or an equivalent indoor activity) as a team.
  - After the run, they get to steal one point from another team, adding a competitive twist.

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STAY ACTIVE!

## 6. Game Duration:

- The game is played for a set time frame (e.g., 10 minutes), with pairs accumulating points through correct predictions.

## Winning the Game:

- At the end of the set time, the pair with the most points is declared the winner.
- Emphasise that the main goal is to have fun, stay active, and enjoy some friendly competition.

## Variations for Different Settings:

- **Fitness Edition:**

Adjust the exercises to be more challenging by increasing repetitions or adding different movements that target various muscle groups.

- **Children's Edition:**

Simplify the maths element and use playful exercises like dancing or jumping to keep the game light-hearted and accessible for younger players.

- **Team-Building Edition:**

Focus on communication by having pairs discuss their strategy before each roll and encouraging groups to support one another throughout the game.

## Additional Notes:

Getting Dicey With It – Family Edition is a vibrant game that combines the excitement of dice rolling with fun physical challenges and strategic predictions. It's perfect for energising any group, whether at home, in a classroom, or during a team-building event. Enjoy the laughter, the exercise, and the friendly competition as you predict, roll, and move your way to victory!

# GETTING DICEY WITH IT

## EXERCISE ODDS EVENS POINTS

**SQUATS**

**SIT UPS**

**LUNGES**

**STAR JUMPS**

**PUSH UPS**

**BURPEES**

**LEG RAISES**

**COMMANDOS**

**PLANK JACKS**

**TOTAL**

