

Spring Carnival Racing



Spring Carnival Racing – Family Edition is a fitness challenge modelled as a race, where participants complete various exercises at ten stations set along a track. After finishing the exercise at each station, players roll a six-sided dice to determine their next move—whether to advance, stay, or move back—until they reach the finish line. The game combines physical activity with the excitement of chance, encouraging both endurance and strategic adaptability.



Family Objects

Promote Physical Fitness and Endurance:

Family members engage in a series of exercise stations that boost endurance and overall fitness, turning a fun race into an energising workout.

Encourage Strategic Thinking and Adaptability:

Participants develop quick decision-making skills by adapting to dice roll outcomes that determine their progression along the racecourse, learning to overcome challenges with a positive mindset.

Foster Fun and Healthy Competition:

Through a friendly, race-like challenge, family members enjoy the excitement of both physical activity and chance, building teamwork, sportsmanship, and a lively competitive spirit.



Success Milestones

Completion of Station Exercises:

Participants actively perform the designated exercise at each station, demonstrating effort, endurance, and engagement in the fitness challenge.

Adaptation to Dice Roll Outcomes:

Players successfully adjust their movement—advancing, staying, or moving back—based on their dice rolls, showing both strategic thinking and a resilient attitude in the face of challenges.

Positive Engagement and Sportsmanship:

Family members maintain an enthusiastic, supportive approach throughout the race, encouraging one another and displaying good sportsmanship regardless of setbacks.



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Objective:

Spring Carnival Racing – Family Edition is a fitness challenge modelled as a race, where participants complete various exercises at ten stations set along a track. After finishing the exercise at each station, players roll a six-sided dice to determine their next move—whether to advance, stay, or move back—until they reach the finish line. The game combines physical activity with the excitement of chance, encouraging both endurance and strategic adaptability.

Players:

- Suitable for groups of all sizes.
- Can be played individually or as a competitive race among family members or teams.

Materials:

- A six-sided dice for each participant
- Ten exercise stations set up in a line (or on a track/open field), each with a different exercise
- (Optional) Markers or cones to designate each station
- (Optional) A timer to manage overall game duration

Setup:

1. Arrange Stations:

- Set up ten stations about 10 metres apart on a track or in an open field.
- Each station should have a clearly marked exercise (e.g., jumping jacks, squats, push-ups, etc.).

2. Starting Line:

- Have all participants gather at the first station.

3. Review Rules:

- Explain that after completing the exercise at their current station, each participant will roll the dice to determine their next move:
 - **Rolling a 6:** Move ahead two stations.
 - **Rolling a 4 or 5:** Move to the next station.
 - **Rolling a 2 or 3:** Stay at the current station.
 - **Rolling a 1:** Move back one station.
- Emphasise that the race continues until the finish line is reached.



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Gameplay:

1. Exercise and Roll:

- Participants begin at the starting line and complete the exercise at that station.
- After finishing the exercise, they roll the dice and move according to the outcome.

2. Race Progression:

- Players progress along the track, completing the station exercises and adjusting their position based on the dice rolls.
- The exercises may vary in difficulty as players move further along the track, adding to the challenge.

3. Finish Line:

- The goal is to reach the final station (the finish line) as quickly as possible.
- Throughout the race, participants can also call out something positive or share a brief moment of gratitude as they advance, adding to the fun and motivational atmosphere.

Winning the Game:

- The first participant (or team) to reach the finish line is declared the winner.
- While fitness and a bit of luck with the dice are key, the primary focus is on having fun, working hard, and supporting each other throughout the race.

Variations for Different Settings:

• Fitness Edition:

Intensify the exercises at each station for a more rigorous workout or increase the running distance between stations.

• Children's Edition:

Use simpler, more playful exercises and shorten the race distance to keep it light-hearted and accessible for younger participants.

• Team Building Edition:

Organise the race in teams, where members strategise and encourage one another, perhaps adding a competitive element with predictions on dice outcomes and team rewards.

• Customisable Edition:

Tailor the exercises at each station to match the interests or abilities of the participants, creating a unique challenge that suits your group.

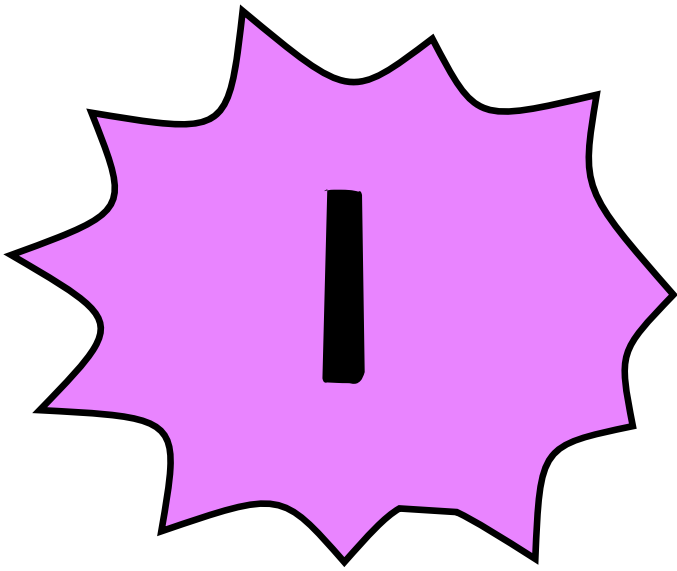
Additional Notes:

Spring Carnival Racing – Family Edition is a dynamic game that marries physical fitness with strategic decision-making and a dash of luck. It's an ideal activity to energise any gathering, whether at home, in school, or during community events. Enjoy the race, celebrate your progress, and let the spirit of teamwork and positive energy drive you toward the finish line!



Exercise list (race card)

STATION NUMBER	CAULFIELD CUP	COX PLATE	MELBOURNE CUP
Starting Gate	10 squats	10 lunges	10 star jumps
1	20 mountain climbers	10 kettlebell swings	10 tuck jumps
2	20 sit-ups	10 kettlebell upright rows	10 commandos
3	20 supermans	20 kettlebell squats	20 Russian twists
4	30 glute raises	20 kettlebell single arm swings	20 dips
5	30 push ups	20 kettlebell deadlifts	30 lunge jumps
6	1 minute plank	30 kettlebell lunges	30 mountain climbers
7	30 squat jumps	30 kettle bell sit-ups into shoulder press	40 sumo squats
8	30 burpees		40 opposite arm to leg plank
9			50 bicycles (opposite arm to leg)
10			50 push ups



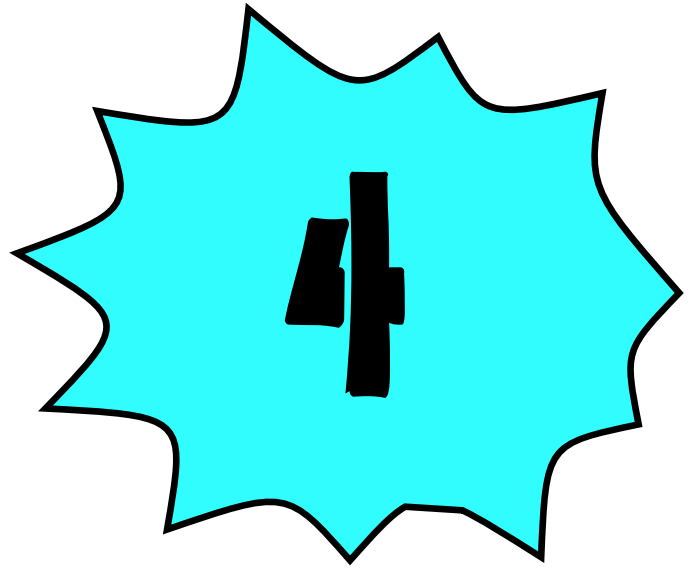
Bucket Head



Tight Abs



slow and steady



big dog



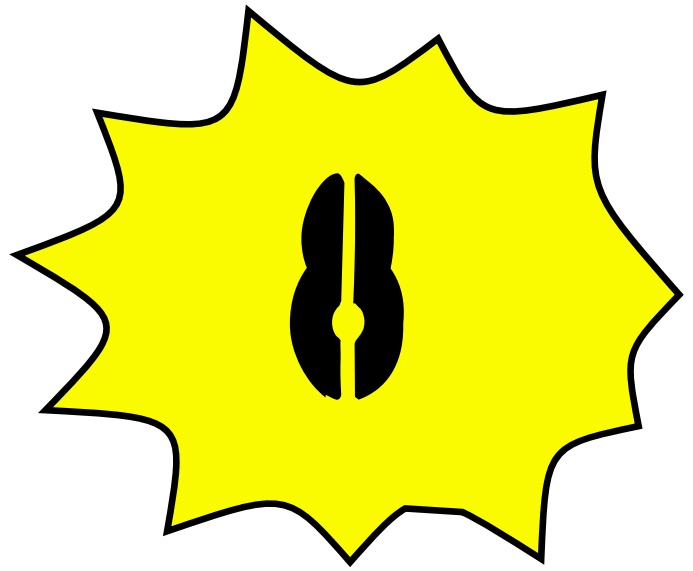
smooth kat



hollywood



Hoof Hearted



Passing Wind



Passing Wind



Tight Buns



chicks dig me



Notacatbutallama