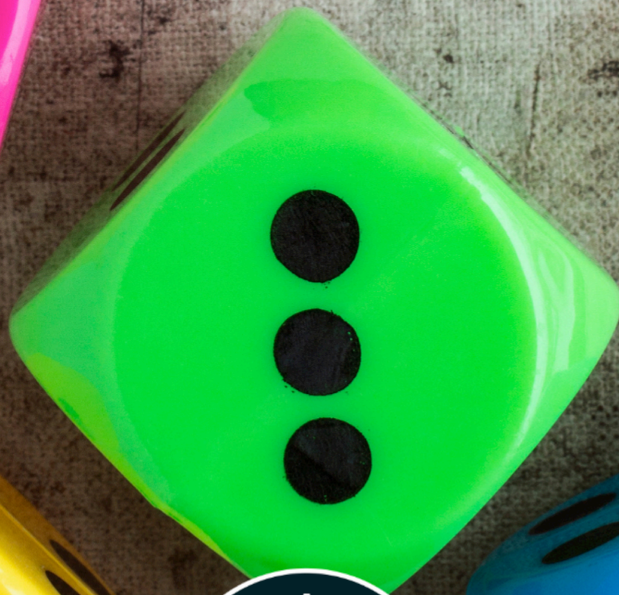


FOUR DICE

Split





FOUR DICE SPLIT

INSTRUCTIONS

This is a great individual or team challenge activity. Each player or team will need four different coloured dice. If possible to have a red, blue, green and yellow six-sided dice as that's how the game has been designed.

Players roll all four dice at once. The number on each colour dice represents the number of reps they need to complete for each coloured dice's movements below.

Red - Burpees

Blue - 10m bear crawl

Yellow - Sit-ups

Green - Squats or squat jumps

Once players have completed the set number of reps for each colour dice on the list above, they need to run 50 to 100m before starting again. Each completed round they achieve is one point to their score. At the end of the set playing time, the team with the most points wins.

This activity is straightforward to modify and change for different fitness movements, other sports or subjects in the classroom. You can simply allocate an action, different subject or skill to the four different coloured dice. Good luck and enjoy.