



Tick once completed!

MEGA ACTIV ROLL THE DICE



www.primarystars.co.uk

Players - Any number!
Equipment - Dice or number generator!
Space - Anywhere, any size!

1. Establish a playing area & players stand spread out inside the area. 1 player (Dealer) is in charge of rolling the dice!
2. Players will need to watch the Dealer roll the dice & perform the activity for the number it finishes on.
3. The activities are: 1 = 10 star jumps, 2 = 20 second sprint on the spot, 3 = 10 high knees, 4 = 20 second plank, 5 = 10 burpees, 6 = 20 second rest.
4. The Dealer has 2 bonus rolls: Double Trouble - whatever is rolled, the players do double the amount; Lucky Half - whatever is rolled, players do half the amount. These can only be played once each per round & must be announced before the chosen roll.
5. The Dealer has 6 rolls per round, then they swap! There is no winner! Everyone is a winner for taking part!

GAME BOOSTS

Change the Activities! Make them easier or harder!
Include compulsory rest periods e.g. every 3 rolls!
Introduce a 'Your Choice' activity where you can pick and complete any of the activities on that turn!
Increase or Decrease: number of rolls per round!

