

# Dice Craze

## **Activity Description and Rules:**

The objective of this activity is to be the first student or pair of students to complete all of the activities on the card. To play this activity, students need a pair of dice, a Dice Craze board, and a dry erase marker. The teacher will tell students the time or number of repetitions they will be completing for each space on the Dice Craze board. (The Dice Craze boards should be printed on cardstock and laminated so they can be used multiple times).

To begin:

- (1) Students roll the dice and then add or subtract the numbers to see which activity they will perform. For example, if a student rolls a 2 and a 3 then they can perform the activity shown on the #1 square or the #5 square.
- (2) After students perform the activity, they mark the space, and roll the dice again.
- (3) The students may perform a space more than once. If students roll the dice and the space is already marked, they still complete the activity before rolling the dice again.

## **Equipment:**

1. One Dice Craze card per student or pair of students.
2. Dry erase markers
3. Equipment associated with the content on the Dice Craze boards
4. Music

## **Game Modifications:**

*Version #1:* Teachers can play several versions of the game. Black out = Completing every space on the board; T = Completing all the space on the top row and one vertical row; X = Completing spaces to create an X on the board; Odds or Evens = Completing all the odds or all the evens on the board.

*Version #2:* There are different versions of the Dice Craze game (yoga, jump rope, dynamic flexibility, yoga backbends, yoga balance, yoga core, yoga standing, yoga forward bends, resistance bands, muscular fitness and stability balls). The teacher would tell students how long or how many repetitions to complete the activity.

*Version #3:* When first playing the Dice Craze activity, allow students to mark off the space as long as they make an attempt at the movement.

*Version #4:* To challenge the students, a teacher can tell students that they can only mark a square if they were able to perform the movement for the whole duration of time or the total number of repetitions. If they were not able to, they would continue to practice that move but would not be able to mark the square.