

Saturday Morning Dice Game

What do you need?

The 6 colour discs that can be downloaded and printed off from our website or you can create your own at home – BLUE, PINK, WHITE, RED, GREEN, YELLOW

THE LINK TO JOIN THE ZOOM SESSION WILL BE POSTED ON OUR FACEBOOK PAGE ON THE SATURDAY MORNING AT 9AM (SESSION WILL START AT 10AM)

YOU WILL NEED PAPER AND A PEN TO TALLY DOWN HOW MANY POINTS YOU GET IN THE SESSION

How the game will work?

Just like the dice game you may see in training – everyone will be asked to do an exercise at home e.g 30s jogging on the spot or 10 body squats etc.

Following the exercise everyone should choose 1 from the 6 colour discs to hold up to the camera.

I will role the dice and each number represents a colour e.g. 1 = blue. If you are holding up the correct colour then you get 1 point.

Most points at the end wins!