



Instructions

Set-up:

- ✓ All players in personal space, scattered throughout the activity area.
- ✓ Be sure each player has enough room to do jumping jacks safely.

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- ✓ FITMAN is a fitness version of the game Hangman. As a class, we're trying to solve the FITMAN Word Puzzle.
- ✓ We must "buy" a letter-guess as a group by doing jumping jacks (or another exercise). The number of repetitions required is determined by the number of letter-spaces that are still blank in the puzzle.
 - *For example*, to start solving a 5-letter fitness word, we will need to do 5 jumping jacks in order to buy our first guess. After we guess a letter correctly and fill in 1 space, we will need to do 4 jumping jacks to make the next guess, and so on.
- ✓ Everyone will get a chance to guess. We'll start with the students at the back of the room and continue through everyone until the word puzzle is solved.
- ✓ Next, we'll debrief by answering a few questions as a class, and then we'll start a new puzzle. The guessing order will restart where the last puzzle's order ended.



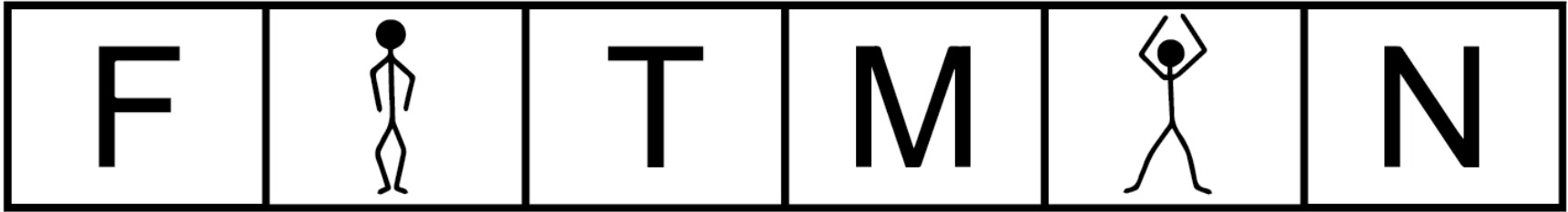
ROUND 4



Round 6



Round 7



Round 8



Round 9
