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.

**Instructions:**

* 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.

FITMAN Word Bank

|  |  |
| --- | --- |
| Round 1 | **FITNESS PLAN**  [2 words, 7 Letters + 4 Letters = 11 Letters] |
| Round 2 | **FOOD CHOICES**  [2 words, 4 Letters + 7 Letters = 11 Letters] |
| Round 3 | **ACTIVELY ENGAGE**  [2 words, 8 Letters + 6 Letters = 14 Letters] |
| Round 4 | **HYDRATION CHOICES**  [2 words, 9 Letters + 7 Letters = 16 Letters] |
| Round 5 | **FITNESS ASSESSMENT**  [2 words, 7 Letters + 10 Letters = 17 Letters] |
| Round 6 | **WARM UP AND COOL DOWN**  [5 words, 4 Letters + 2 Letters + 3 Letters + 4 Letters + 4 Letters = 17 Letters] |
| Round 7 | **SKILL RELATED FITNESS**  [3 words, 5 Letters + 7 Letters + 7 Letters = 19 Letters] |
| Round 8 | **HEALTH RELATED FITNESS**  [3 words, 6 Letters + 7 Letters + 7 Letters = 20 Letters] |
| Round 9 | **BENEFITS OF PHYSICAL ACTIVITY**  [4 words, 8 Letters + 2 Letters + 8 Letters + 8 Letters = 26 Letters] |

ROUND 1

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| F | I | T | N | E | S | S |  | P | L | A | N |

DOK Questions:

* DOK Level 1: What is a fitness plan? What would you include on a fitness plan?
* DOK Level 2: How would you use a fitness plan? What do you know about following a fitness plan?
* DOK Level 3: How is following a fitness plan related to your physical activity habits? How is it related to body composition?
* DOK Level 4: Using data from your fitness assessment, develop a fitness plan to improve one or more components of fitness.

ROUND 2

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| F | O | O | D |  | C | H | O | I | C | E | S |

DOK Questions:

* DOK Level 1: Can you remember healthy food choices? How can you recognize food choices that do not help keep you healthy?
* DOK Level 2: How do food choices affect your ability to stay active? How do food choices affect your ability to maintain a healthy lifestyle?
* DOK Level 3: How would you adapt your lunch using all healthy food choices? What facts would you use to explain why you decided to make healthy food choices?
* DOK Level 4: Identify areas of weakness in meals and snacks with respect to food choice. Develop a plan for improving your food choices.

ROUND 3

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| A | C | T | I | V | E | L | Y |  | E | N | G | A | G | E |

DOK Questions:

* DOK Level 1: What would you include on a list that describes how you actively engage in physical education?
* DOK Level 2: How would you compare and contrast participation that is actively engaged and participation that is not actively engaged?
* DOK Level 3: Can you predict what will happen to the skill level of a student who is actively engaged in physical education? What predictions can you make about the skill level of a student who is not actively engaged?
* DOK Level 4: What information can you gather to support your ideas about staying actively engaged in physical education?

ROUND 4

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| C | H | O | I | C | E | S |  |  |

DOK Questions:

* DOK Level 1: What is hydration? What are different hydration choices?
* DOK Level 2: What do you know about hydration choices? How would you compare and contrast different hydration choices?
* DOK Level 3: How is hydration related to physical activity performance?
* DOK Level 4: Can you develop a plan for ensuring good hydration before, during, and after exercise?

ROUND 5

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| A | S | S | E | S | S | M | E | N | T |

DOK Questions:

* DOK Level 1: How would you describe fitness assessment? How do you perform different fitness assessments?
* DOK Level 2: What do you learn from a fitness assessment? How would you apply what you learn?
* DOK Level 3: Can you predict the outcome of a fitness assessment if you are not regularly physically active? What if you are regularly physically active? Give specific predictions.
* DOK Level 4: Develop a practice plan to improve your performance on one or more fitness assessments.

Round 6

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| W | A | R | M |  | U | P |  |
| A | N | D |  | C | O | O | L |
| D | O | W | N |  |  |  |  |

DOK Questions:

* DOK Level 1: What is a warm-up? What is a cool-down?
* DOK Level 2: How does a warm-up affect your physical performance in and exercise or activity? How does a cool-down affect your body?
* DOK Level 3: What facts would you select to support the need for a warm-up and/or cool-down? Can you elaborate on why you chose those facts?
* DOK Level 4: What information can you gather to support including a warm-up and cool-down into an activity routine or performance?

Round 7

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| R | E | L | A | T | E | D |
| F | I | T | N | E | S | S |

DOK Questions:

* DOK Level 1: What are the components of skill-related fitness?
* DOK Level 2: How would you compare and contrast skill-related and health-related fitness?
* DOK Level 3: How are the components of skill-related fitness related to successful participation in your preferred physical activity?
* DOK Level 4: Develop a practice plan to improve one or more components of skill-related fitness.

Round 8

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| R | E | L | A | T | E | D |
| F | I | T | N | E | S | S |

DOK Questions:

* DOK Level 1: What are the components of health-related fitness?
* DOK Level 2: What do you know about each of the components of health-related fitness?
* DOK Level 3: How are the components of health-related fitness related to your ability to live an active lifestyle? How are they related to your ability to do well academically?
* DOK Level 4: Using information from your fitness assessment, analyze the positive and negative consequences of past activity and nutrition habits.

Round 9

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| B | E | N | E | F | I | T | S |
| O | F |  |  |  |  |  |  |
| P | H | Y | S | I | C | A | L |
| A | C | T | I | V | I | T | Y |

DOK Questions:

* DOK Level 1: What are some benefits of physical activity?
* DOK Level 2: What do you know about the consequences of not being active?
* DOK Level 3: How is health-related fitness related to one or more of the benefits listed?
* DOK Level 4: Identify 2 or 3 benefits of physical activity that are important to you and design a plan for increasing these benefits through daily routines.