**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.
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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.
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.
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?
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?
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

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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**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

HEALTH RELATED FITNESS

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.
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.