



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.

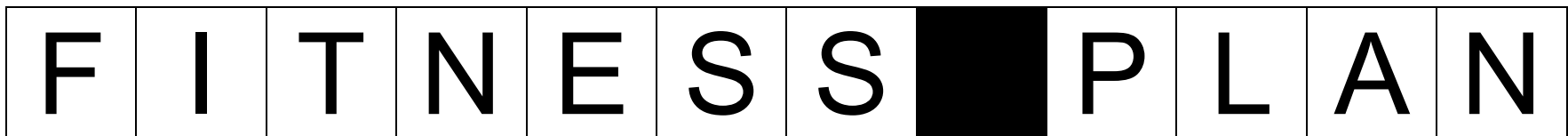


FITMAN Word Bank

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

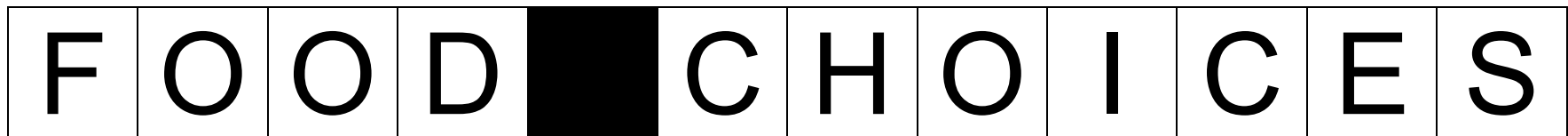


DOK Questions:

- 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

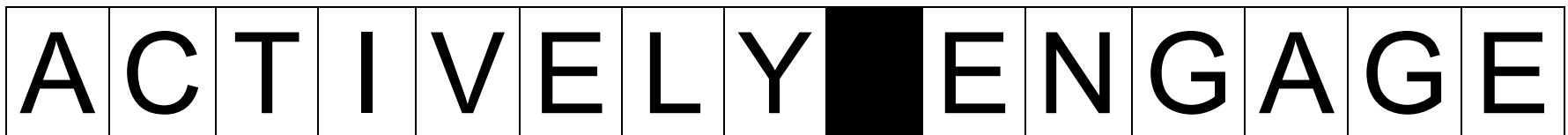


DOK Questions:

- 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



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

H	Y	D	R	A	T	I	O	N
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

F	I	T	N	E	S	S				
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

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

S	K	I	L	L		
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

H	E	A	L	T	H	
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

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.