Ask teams the corresponding question in each round. The team winning the most matches during a round will earn the chance to answer the bonus question.

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| **Round / Team** | **Questions** |
| Round 1Team 1 Question | What is the FITT principle? |
| Round 1Team 2 Question | How does the FITT principle relate to physical education class? |
| Round 1Bonus Question | How does the FITT principle relate to physical activity out of school?  |
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| Round 2Team 2 Question | What does frequency mean (in relation to FITT)? |
| Round 2Team 1 Question | How does frequency affect an active lifestyle? |
| Round 2Bonus Question | What information would you gather to determine the frequency of someone’s routine physical activity? |
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| Round 3Team 1 Question | What does intensity mean (in relation to FITT)? |
| Round 3Team 2 Question | How does exercise intensity affect the body? What are the physiological responses to different exercise intensities? |
| Round 3Bonus Question | Why is exercise intensity important? |
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| Round 4Team 2 Question | What does time mean (in relation to FITT)? |
| Round 4Team 1 Question | What do you know about time as it relates to physical activity? |
| Round 4Bonus Question | What are barriers to getting enough activity time within a person’s daily routine? How might a person overcome those barriers? |
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| Round 5Team 1 Question | What does type mean (in relation to FITT)? |
| Round 5Team 2 Question | What do you know about the different types of physical activity? |
| Round 5Bonus Question | What options are available in our local community to participate in different types of physical activity? |
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