

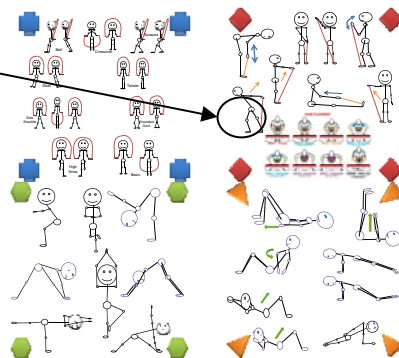
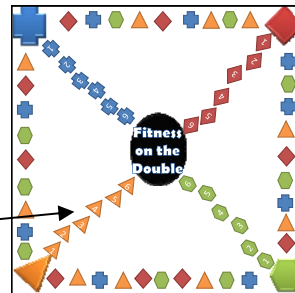
# Fitness on the Double

## Game Description and Rules:

The goal of this activity is to be the first team to move from their home base, around the board and through the middle to the Fitness on the Double space. The teacher designates what will be each team's home base: there are four home bases; (blue plus sign, red diamond, green hexagon, orange triangle). The teams move around the game board by rolling one die. (See picture of the game board below.) For example, the red diamond team's first roll is a 4, the team moves 4 spaces from their home base to land on the orange triangle space. They then jog as a team to the cone designated as the orange triangle and perform one of the activities. (The activities are shown on the student activity cards.) After the entire team completes the activity the team rolls again. Their next roll was a 2, the team marks the green hexagon space on the game board, jogs to the cone designated as the green hexagon, and performs one of the activities. The team continues this pattern until they go around the board and get back to their home base whereby the team then goes through the middle to get to the Fitness on the Double space. See an example of the student activity card below. (Hint: Keep 2 or 3 dice at each cone. The teams need to leave the dice at the cones.)

## How to play:

1. Divide players into four to eight teams with four to six students per team. There can be one or more teams at each home base (i.e. blue plus sign, red diamond, green hexagon, orange triangle).
2. The teams first decide what activities they will complete for the 1-6 spaces and the Fitness on the Double Space.  
\*\*One activity from each category must be selected to fulfill the six spaces. The activities are on the Student Activity card.
3. The teams circle what activity will be #1, #2 and so forth on the student activity card.  
\*\* These activities cannot be performed when they are moving around the board.



4. Each team member has designated duties while playing the game:
  - a. **Game board person** (This person is responsible for marking where the team is on the board and for telling the rest of the team which cone they should be going to.)
  - b. **Student activity card** (This person or persons are responsible for deciding which activity the team will be performing at the cones.)
  - c. **Dice roller** (This person is responsible for telling the game board person how many spaces to move on the board.)
5. The teacher decides how many or how long each activity will last. For example, if the teacher says each activity will be performed for 6 repetitions or 6 seconds, then when a

team performs the X-foot cross from the blue plus sign station they would perform this movement 6 times.

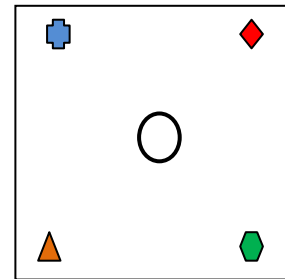
6. There are six different student activity cards (Muscular Fitness 1, Muscular Fitness 2, Core Training, Jump Rope, Yoga, and Blank). The teacher can decide which student activity card to use. (\*\*Remember to review the content on the card to make sure you have taught all of the activities listed on the student cards.)
  - a. The blank cards can be used to measure the students' health related fitness knowledge. The station cards are labeled Cardio, Muscular Strength, Muscular Endurance, and Flexibility. For example: the triangle is labeled muscular endurance. The students would write down activities to represent muscular endurance and then when they played the game they would perform these activities.

### **Equipment:**

1. Four colored cones (red, blue, green, and orange) with the shape station cards taped to each cone.
2. Student activity card, game board, dry erase marker (one per group)
3. Dice
4. Equipment associated with the student activity cards

### **Playing Space and Set-Up:**

The playing space is made up of four cones positioned into a square. The larger the square the more the students are moving. Tape the shape station card to the cones.



### **Game Modifications:**

Version #1: The activities can be changed to represent the activity unit. For example if you are in a tennis unit you can have the red diamonds be serving activities and the orange triangles be forehand activities, etc.

Version #2: Have teams wear pedometers. Set a goal for the teams to get a set number of steps before reaching the Fitness on the Double space.

Version #3: Give the students the Blank Student Activity Card. Within their teams, have the students write in activities they will complete for the different categories (i.e. muscular strength, endurance, flexibility and cardio). This can be used as an assessment tool. You will be able to see if the students understand the health-related fitness components.

### **Print Directions:**

Print the Fitness on the Double game board and station cards (four shapes) on white card stock and laminate the cards. Use dry erase makers to write on the cards. The cards can be cleaned with a paper towel. The student activity card can be printed in black and white on 8 ½ x 11 paper.

\*\*This game was created in collaboration with the 2008-2009 JMU PHETE Graduate class (Scott Arbogast, James Aubrey, Kevin Barnett, Allison Knighton, Kevin Loker, Patricia Montoya, Erik Rohrbaugh, Danielle Sammler, Laura Scerbo, Rebecca Tulchin, and Meghan Wyka).