

Name/Title: Among Us - Fitness Component Challenge

Purpose of Event: To check students understanding of different exercises associated with the 4 fitness components.

Prerequisites: Some discussion of the 4 fitness components.

Suggested Grade Level: all

Materials Needed: Just need access to internet and youtube to watch the video, or access to PowerPoint or Google Slides to create your own version of it.

Description of Idea

A twist on the popular video game Among Us. There will be a total of 4 rounds, with each round focusing on a fitness component. Each round will also have four crew mates demonstrating different exercises associated with that round's fitness component, however ONE of the crew mates is actually an imposter and is performing an exercise that is not associated with that fitness component.

You can ask the students to participate by either performing the exercises of the crew mates or the imposter for each round.

Here is a video I made:

[You Tube Video](#)

[DropBox video](#)

Submitted by **Brian Graf** in Knightdale, NC. Thanks for contributing to PE Central! **Posted on PEC: 11/2/2020**

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