

Name/Title: Fitness Pursuit

Purpose of Event: To have students participate in health-enhancing physical activity and identify the benefits and effects of health related fitness.

Prerequisites: Students should have been exposed to fitness information before attempting to ask them questions. Also, this game works better and smoother if the kids know the activities that they are going to be doing. If most of the activities are new to the children then this game can become a 2 or 3 day lesson.

Suggested Grade Level: 3-5

Materials Needed: 1 Trivial pursuit gameboard and pieces, 6 die, 6 jump ropes, 6 hula-hoops, 6 basketballs, 6 scooters, 2 playground balls, 6 low hurdles, 6 small cones, 1 desk, 18 scarves, 18 beanbags, 24 activity cards (4 of each color corresponding to the trivial pursuit gameboard), 3 bins/buckets.

Description of Idea

Split students into 6 groups of however many students you wish. Just make sure there are 6 groups. Assign each group a different color on the gameboard. The gameboard should be set up in the center of the gym on a desk or small table. The activity cards should be placed on each path leading to the center of the game board. Each group starts on their assigned color hub.

One person at a time is allowed to roll for each team. After they roll one die, the student moves their piece the appropriate amount of spaces. If they land on a roll again, then they roll again. If they land on a small color square, then they grab an activity card from the corresponding colored pile and read the activity to the group. The card gets re-inserted at the bottom of the color pile and the kids perform the activity.

After the kids are done with the activity, then another student rolls and moves their piece. If they land on a color hub, then the whole team comes to the teacher to answer the question that corresponds to color they landed on. If the group answers the question correctly then they get a colored pie piece to put in their team's pie. If they answer the question incorrectly, then they don't get a piece but get another chance if they land on that color hub again. Most often the kids don't get the same question wrong twice. Examples of questions that I have used for cardiovascular endurance are:

- list 4 cardiovascular activities.
- what does cardiorespiratory mean?
- when is our heart rate the lowest?
- according to surgeon general, how long should an adolescent be active every day?

The activities can vary depending on the equipment and space that you have available. Here are the activities that I use with the equipment listed:

- grab a beanbag and bearwalk to each bucket. Place the beanbag in each bucket.
- grab a basketball and zigzag dribble to each cone.
- 2 rotations of hurdle hops.
- 2 round-the-clock pushups.
- jump rope 40 times.
- hula-hoop 40 times.
- jog 2 laps around gym with a beanbag on your shoulder.
- jog 2 laps around gym with your hands on each teammates shoulders.
- grab a scarf and crabwalk to each bucket.
- sit on a scooter and scoot around each cone in the cone maze.

There are so many other activities that can be used in the game's framework. I encourage you to think of more than the ones listed.

Assessment Ideas:

The questions that you ask them when they land on the color hub are the cognitive assessments. Have students put on pedometers to see how much physical movement they achieve. This can be the physical assessment. At the end, ask the groups if everyone got a turn to roll the dice. If not, why not? How can we change our behavior so that this doesn't happen next time?

Teaching Suggestions:

For large classes play multiple games to reduce the size of each group.

Submitted by **Jason Kieronski** who teaches at Northern Illinois University in Carol Stream, IL. Thanks for contributing to PE Central! **Posted on PEC: 2/8/2003.**

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