

LET'S GET FIT :A DAILY FITNESS GAME FOR MULTI GRADE USE



Do as many sit ups
as you can in 30 seconds



Do as many side bends
as you can in 30 seconds



Activity 6



Do as many sit ups
as you can in 30 seconds



Activity 1

Spin around as many times
as you can in 30 seconds



Activity 2

March on the spot as
many times as you can in
30 seconds

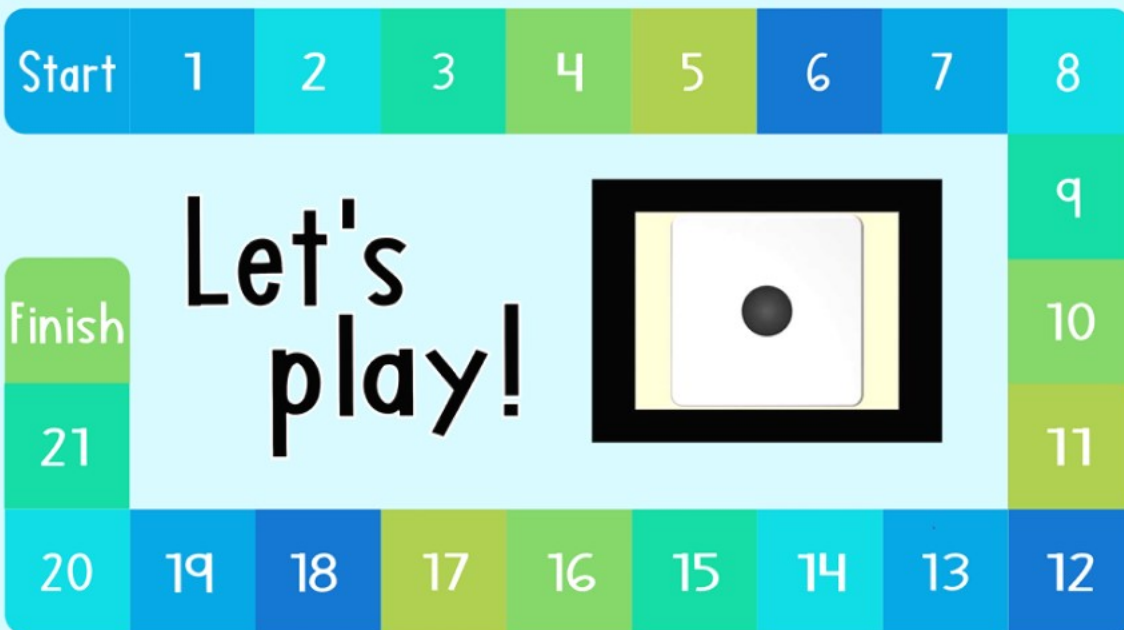


Activity 3

Do as many twists
as you can in 30 seconds



Activity 4



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Instructions and teaching notes



How to Play the Game (Instructions for Students) This game can be played in teams or student vs student

- Take turns rolling the die. When you land on a square, you must do that fitness activity. The first person or team to complete the activities and reach the finish wins!
- Click on the video and then click pause to make the dice stop on a number for you. To return to the main board game click the red dice on each slide.
- The timer will start automatically, so don't get caught out!! Keep a tally of the number of actions you can do in 30 seconds.

RECOMMENDED (Notes for Teachers)

- Due to the nature of this Powerpoint Presentation, it is designed to be played in presentation mode, as a result the playing pieces are not able to be moved on the board...however the number that the children land on can be clicked on to take them to the corresponding fitness task.
- It is therefore recommended that a printed version, dice and counters be supplied for each group as they play.
- This game can be played using an IWB, or on a device of your choosing as long as it supports Powerpoint.
- A JPG version of the game is included in the bundle for you to print off and laminate if needed for longevity.



Do as many star jumps
as you can in 30 seconds



Activity 5

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Do as many toe touches
as you can in 30 seconds



Activity 7

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Do as many donkey kicks
as you can in 30 seconds



Activity 10

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Clap your hands as many
times as you can in 30
seconds



Activity 14

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Do as toe touches as you
can in 30 seconds



Activity 13

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Congratulations
You have completed the game

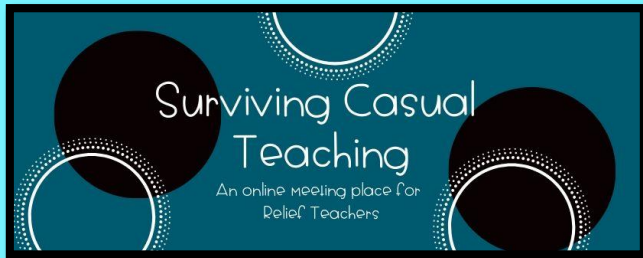


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