

## FITNESS Q-CHART

Refer to the 50 Fitness Activities Chart for descriptions (Ophea.net).. 2 Dice & 6 people per Q-Chart.

Add 1 question and 1 activity per box. Perform each for a count of 10.

Training Principles: F=frequency, I=Intensity, T=time, T=type

| FITNESS Q-CHART         |                                                                                         |                                                                                                               |                                                                                                                                |                                                                                                                        |                                                                                                                                          |                                                                                                                                 |
|-------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| 6 x 6<br>FITNESS<br>FUN | 1<br>IS                                                                                 | 2<br>DID                                                                                                      | 3<br>CAN                                                                                                                       | 4<br>WOULD                                                                                                             | 5<br>WILL                                                                                                                                | 6<br>MIGHT                                                                                                                      |
| <b>1<br/>WHAT</b>       | <b>CHICKEN JACKS</b><br><br>What is the importance of cardiorespiratory endurance?      | <b>TUCK JUMPS</b><br><br>What did you do that was active this week?                                           | <b>LOW ROW</b><br><br>What can you do to make your lifestyle more healthy?                                                     | <b>MOUNTAIN CLIMBERS</b><br><br>What would you do if you had more support to participate in physical activities?       | <b>BOXER JOG</b><br><br>What will you do to continue to be active in the future?                                                         | <b>SIT-UPS</b><br><br>What might stop you from participating in physical activity?                                              |
| <b>2<br/>WHERE</b>      | <b>PUSH-UPS</b><br><br>Where is the best place in your community to be active?          | <b>RAISE-THE-ROOF</b><br><br>Where did you go as a family that was physically active?                         | <b>V-HOPS</b><br><br>Where can you go in your community to find out more about getting involved in physical activities?        | <b>PLANK</b><br><br>Where would you buy sport or fitness equipment?                                                    | <b>BELL HOPS</b><br><br>Where will you go for a run in your community?                                                                   | <b>PULL UP SHORTS</b><br><br>Where might you go with friends to be active?                                                      |
| <b>3<br/>WHEN</b>       | <b>BOX HOP</b><br><br>When is the best time for you to be active?                       | <b>WALL SIT</b><br><br>When did you last participate in 20 minutes of moderate to vigorous physical activity? | <b>X-JUMPS</b><br><br>When can you train to improve your health-related components of fitness?                                 | <b>SKIER JUMPS</b><br><br>When would you monitor your fitness levels?                                                  | <b>PLUS SIGN HOPS</b><br><br>When will you achieve a fitness goal by?                                                                    | <b>JUMP ROPE</b><br><br>When might you apply the F.I.T.T. training principles?                                                  |
| <b>4<br/>WHO</b>        | <b>SPEED SKATER</b><br><br>Who is a role model that has influenced you to get active?   | <b>CROSS CRAWL</b><br><br>Who is the last person that participated with you in a physical activity?           | <b>HALF TURNS</b><br><br>Who can help you become more physically active?                                                       | <b>COFFEE GRINDER</b><br><br>Who would you want as a support to encourage participation in activities?                 | <b>CHICKEN JACKS</b><br><br>Who will challenge you the most to be more physically active and healthy?                                    | <b>V-SIT</b><br><br>Who might affect how active you are on a daily basis?                                                       |
| <b>5<br/>HOW</b>        | <b>SIT AND REACH</b><br><br>How is being positive so important to achieving your goals? | <b>SQUATS</b><br><br>How did you monitor how hard your working?                                               | <b>CRAB KICKS L. &amp; R.</b><br><br>How can you relate FITT training principles to making your goals very specific and clear? | <b>JUMP &amp; TWIST</b><br><br>How would you find your maximum heart rate?                                             | <b>CALF RAISES</b><br><br>How will you know when you have achieved your goal(s)?                                                         | <b>SQUAT &amp; KICK L. THEN R.</b><br><br>How might you be challenged by others to not achieve your physical activity goal (s)? |
| <b>6<br/>WHY</b>        | <b>HIGH JUMPER</b><br><br>Why is goal setting so rewarding?                             | <b>SCISSOR JUMPS</b><br><br>Why did you monitor your pulse before, during, and after physical activities?     | <b>CROSS CRAWL</b><br><br>Why can fitness stations improve your overall health?                                                | <b>JUMP SKY-TOUCH TOES</b><br><br>Why would you participate in personal fitness appraisals (personal fitness testing)? | <b>WALL-PUSH UP</b><br>Why will your heart get stronger if you run 3 times a week, at a moderate intensity, for at least 20 -30 minutes? | <b>WOUNDED DUCK</b><br><br>Why might factors that motivate you to be physically active, bring personal success?                 |

Shaded area represents highest thinking level questions.