

# Fit-nopoly: How to Play



Goal: Be the first team to get to the end of the board!

\*When the dice is rolled you will get an exercise to perform as a team or a PE related question to answer as a team

-For **exercises**, all members must perform the exercise shown when you land on that number for a 30 second time period (with timer). If any member of your team does not participate, your pawn does not advance.

-For **questions**, team members have 30 seconds to unmute and agree on an answer. Must use words "final answer" to submit it. If answer is incorrect, your team's pawn does not advance.

## Activity 2: Fit-nopoly



\*Split into 4 teams by row

- Row 1 = Blue
- Row 2 = Green
- Row 3 = Yellow
- Row 4 = Red

Start

1

2

3

4

5

6

7

8

Let's  
play!

Finish

21

20

19

18

17

16

15

14

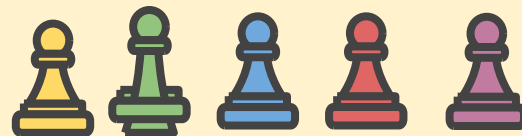
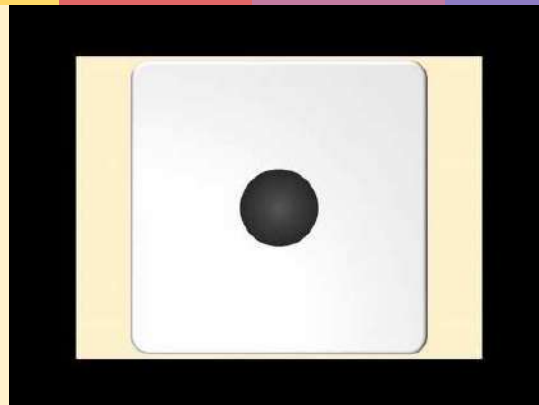
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12

9

10

11





Start

1

2

3

4

# 1. Jumping Jacks



[Back to GameBoard](#)

Finish

0:30

21

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19

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17

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12





St

## 2. Curl-ups



Fi

2

2

[Back to GameBoard](#)

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Start

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## 3. Quick Feet



Back to GameBoard

Finish

21

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16

0:30

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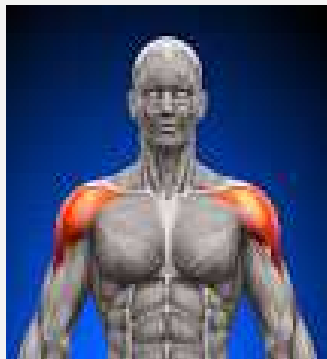
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St

## 4. Question

What is the name of your shoulder muscle?



Backside

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You and your team have 30 seconds to unmute your mics, talk it out, and give an answer.



9

10

11

16

15

14

13

12

Fi

2

2



Start 1 2 3 4

Finish  
21  
20

19 18 17 16



5. FREE PASS

Free Pass!

Back to GameBoard

8  
9  
10  
11  
12





# 6. Plank Toe Taps



Back to GameBoard

4

5

6

7

8

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10

11



16

15

14

13

12



Start

1

2

3

4

8

9

10

11

12

Finish

21

20

19

18

17

16



## 7. Squats



Back to GameBoard



## 8. Question

What muscle is used most during cardiorespiratory activities such as running, biking, and swimming?

Backside

4

5

6

7

8

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16

15

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12



St

Fi

2

2

Start

1

2

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4

## 9. Plank Taps



Back to GameBoard

Finish

21

20

19

18

17

16

0:30



## 10. Yogi Bicycles



[Back to GameBoard](#)

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Start

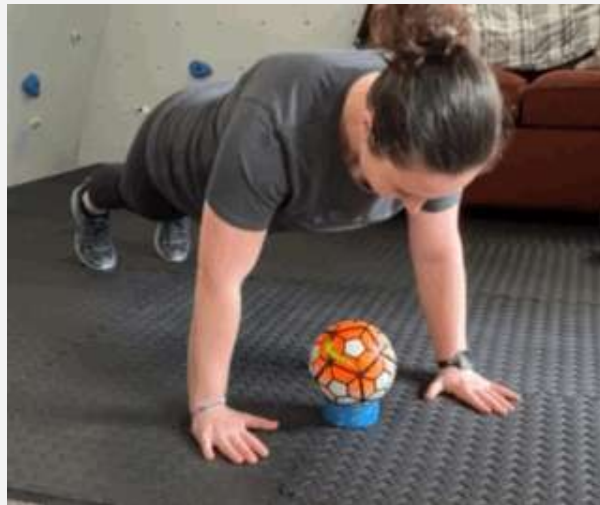
1

2

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# 11. Push Ups



Back to GameBoard



Finish

21

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St

## 12. Question

When trying to build muscular endurance, how many repetitions of an exercise should you aim to do?

Backside

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12



Fit

2

2



Start

1

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12

Finish

21

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16



## 13. Leg Lifts



Back to GameBoard





## 14. FREE PASS

**Free  
Pass!**

[Back to GameBoard](#)

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13

12



St

Fi

2

2



Start

1

2

3

4

8

## 15. Question

When finding one right for your height, how can you tell if a jump rope is the correct length?

9

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Finish

21

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16



Backside



## 16. Mountain Climbers



[Back to GameBoard](#)

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12

Start

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11

12

Finish

21

20

19

18

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16

0:30

## 17. Cherry Pickers



Back to GameBoard





# 18. High Knees



Back to GameBoard

4

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12





Start

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Finish

21

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18

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16



## 19. Question

What 2 leg muscles are working the most when doing squats?

Backside



St

## 20. Burpees



Fit

2

2

[Back to GameBoard](#)

4

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0:30

16

15

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13

12



Start

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12

Finish

21

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19

18

17

16



## 21. Question

How many minutes per day should kids your age be active/exercise?

Backside





FINISH: Yayyy!



You did it!





# Answer for Question Spot 1

And the correct answer  
is....

# Deltoid!





# Answer for Question Spot 8

And the correct answer  
is....

## The Heart!

4

5

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12



# Answer for Question Spot 12

And the correct answer  
is....

12 or more!

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11

16

15

14

13

12

**Start**

**1**

**2**

**3**

**4**

**Finish**

**21**

**20**

**19**

**18**

**17**

**16**

**8**

**9**

**10**

**11**

**12**

## Answer for Question Spot 15

And the correct answer  
is....

1. Fold it in half
2. Hold both handles
3. Step on the middle
4. Measure it to your



**Start**

**1**

**2**

**3**

**4**

**Finish**

**21**

**20**

**19**

**18**

**17**

**16**

**8**

**9**

**10**

**11**

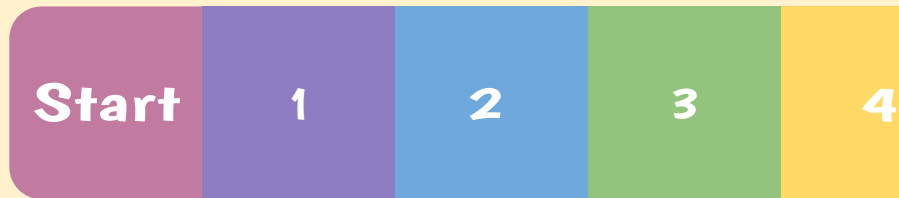
**12**

## Answer for Question Spot 19

And the correct answer is....

Quadriceps  
&  
Hamstrings





## Answer for Question Spot 21

And the correct answer  
is....

60 Minutes!

