

Sorry! Fitness

Equipment: 4 different color bean bags, 40-60 poly spots, 8 dice (big ones), jump ropes, 4 cones

The students will need to be split up into 4 different teams. Assign each team a starting point. I used a matching color poly spot and bean bag as the starting point. There will need to be 4 starting points, just like in sorry, set the cones up on the outer perimeter of the gym.

Game Play: Game play is simple. One student from each group rolls the dice, and moves their beanbag forward however many spaces the amount shown on the dice with the exception of 4, 6, and 9. Once they move their beanbag, they will run over to the wall and see the exercise their group must complete before the next person in their group can roll the dice. If they roll a 4 they must move backwards 4 spaces. If they roll a 6 or 9, they must run a lap around the gym and move their beanbag back 5 spaces before continuing the game. The process repeats itself until one team manages to successfully make it back to their home space. Just like in regular Sorry!, if you move backwards past the safe zone or home space, you can move forward into the safezone, but in our case the starting point.

Modifications:

You can use any type of exercises really. If you want to make it more like the board for Sorry!, you can, I was just trying to keep it simple since my class times are so short. So if you wanted a safe zone have the students go around multiple times, you can, but I would suggest making the board a little smaller (also dependent on gym size).

If you can think of other ways that this could be different please let me know. I am always open to ideas!

2

5

Pushups

2

3

10

Crunches

3

4 (Move backwards 4)

5

Burpees

4

5

20 Mountain Climbers

5

7

**10 Pushups or
20 Crunches or
5 Pushups and
10 Crunches**

7

8

20 Jumping Jacks

8

10

10 Jumps w/ Jump Rope

10

11

**30 Jumps w/
Jump Rope or 10
Jumps and 10
Jumping Jacks**

11

12

25 Jumps w/ Jump Rope

12

6&9

Sorry!!!

**1 Lap Around
Gym**

Move back 5

6&9