

- 1. Play as a group of 4.**
- 2. Roll the die, divide by 2 (round up if it is not a whole number).**
- 3. If you land on a space that matches your card, free turn. If you land on a space that does not match your card, you will draw a card from that component, then you will draw a card from that component and perform an exercise related to the health related fitness component.**

Pile 1

Pile 2

Pile 3

Start

Muscular
Strength

Flexibility

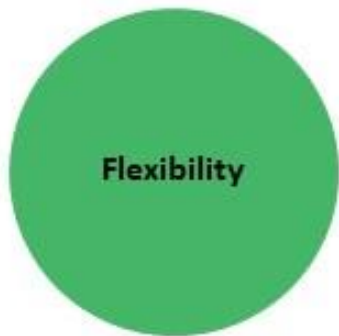
number), and move your piece.

If your card does not match the health related fitness
element's pile and, as a group, either answer the ? or perform the
task. The other group should start their turn immediately.

Pile 3

Pile 4

Pile 5






**Muscular
Endurance**



**Muscular
Endurance**



Flexibility



**Muscular
Strength**

Flexibility

**Cardiovascular
Endurance**



Muscular

Body

Muscular



**Muscular
Endurance**



**Body
Composition**



Cardiovascular



**Cardiovascular
Endurance**



**Cardiovascular
Endurance**



Muscular



**Muscular
Strength**



Flexibility



Muscular

**Muscular
Strength**

**Body
Composition**

**Muscular
Strength**



Flexibility



**Cardiovascular
Endurance**

**Body
Composition**



Cardiovascular
Endurance

Muscular
Strength

Muscular
Endurance



Muscular
Endurance

Body
Composition

Cardiovascular
Endurance



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