Your settings for this Block Poster are:

- Pages Wide: 2
- Orientation: LANDSCAPE
- Paper Format: LETTER
- Border Setting: Top: 0, Right: 0, Bottom: 0, Left: 0

You can find tips on printing, assembling and putting up your poster at www.blockposters.com

Enjoy your Block Poster!
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 matches a health related fitness component, then you will draw a card from that component and perform an exercise related to the health related fitness component.
If your card does not match the health related fitness assessment’s pile and, as a group, either answer the question or perform the exercise. The other group should start their turn immediately.