



FITNESS PAIRS

LEARNING

TO BE ABLE TO TAKE IT IN TURNS AND TURN OVER ONLY TWO CONES PER GO!
 TO BE ABLE TO REMEMBER AND REPLICATE THE CORRECT FITNESS MOVEMENTS AS THEY MOVE BETWEEN CONES
 TO BE AWARE OF OTHERS AS THEY MOVE TO REMEMBER WHERE PARTICULAR FITNESS MOVEMENTS ARE POSITIONED AND HIDDEN IN THE GRID
 TO OBSERVE OTHERS AND USE MOVEMENT CLUES TO WORK OUT WHERE MOVEMENTS ARE HIDDEN IN THE GRID

TEAM 1

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TEAM 4

TEAM 2

TEAM 3

SIR ANDY MURRAY NEEDS YOUR HELP! HE IS DESPERATE TO WIN MORE GRAND SLAMS. TO DO SO HE NEEDS TO FIND DIFFERENT WAYS OF MOVING AND EXERCISING

CAN YOU HELP SIR ANDY FIND AS MANY DIFFERENT EXERCISES AS POSSIBLE? HE WANTS TO HIRE A NEW FULL TIME FITNESS COACH - COULD THIS BE THE JOB FOR YOU?

TO GET THE JOB ALL YOU NEED TO DO IS FIND MATCHING FITNESS ACTIVITIES.

WHEN IT IS YOUR GO RUN OUT TO A CONE AND LOOK UNDERNEATH, THEN PLACE THE CONE BACK ON TOP. - THEN TRAVEL TO ANY OTHER CONE USING THE EXERCISE THAT YOU JUST SAW. WHEN YOU ARRIVE AT THE NEXT CONE HAVE A LOOK UNDERNEATH - IS IT THE SAME EXERCISE? IF YES PICK BOTH CONES UP AND TAKE BACK TO YOUR TEAM. IF NOT PLACE THE CONE BACK AND HEAD BACK TO YOUR TEAM JOIN THE BACK OF THE LINE AND SEND OUT YOUR NEXT PERSON FOR THEIR GO!

WATCH EVERYONE CLOSELY - THEY MIGHT GIVE YOU CLUES THAT HELP YOU FIND SOME PAIRS!

