



PHYSICAL EDUCATION

WHEEL OF FORTUNE FOR FITNESS

Spin the wheel to decide your fate!

Whichever activity the wheel stops spinning on you must complete

Challenge yourself:

1. Set a time limit for each activity, this could be 20, 30, 40, 60 seconds
2. Set a specific amount of 'reps' e.g. 8, 10, 12 or 15
3. If you land on an activity already completed, you have to complete double the amount of reps

Make it interactive:

Use the link below and it shall take you through to an online version of the game

[Wheel of fitness fortune](#)

Link it to objectives of the lesson:

1. Select a component of fitness, link to the 'challenge yourself' section, questioning based upon this component
2. Short term effects of exercise; link to heart rate, physical changes of the body etc.
3. Muscle groups; which exercises link to which muscle groups
4. GCSE PE – Planes, axis, levers, movement at joints, muscle groups



How do I use this wheel?

Print out a copy of the wheel and an arrow (or 2)

Place a butterfly pin through the middle of the wheel and pin to a wall

Stick some blue tac to the back of the arrow and stick next to the wheel pointing inwards

Spin the wheel and the game begins

The exercise that falls in line with the arrow is the exercise the player must complete

For partners or groups:

Add in another arrow on the other side and you can play with more than one person at a time for a challenge