



Let's Play Fitness Catch Phrase!

RULES

1. Select three teams, each with the same number of players.
2. Each team will be given a basket with 60 words, all phrases or words that are related to physical activity.
3. The first person will take 1 word and describe the word to their teammates, without using the word. The team will try to guess the word.
4. If they guess the word, the basket is passed to the next person on the team who picks a word and does the same thing.
5. If they do not guess the word, the person can pick another word until the team guesses the word.
6. Continue the game by going to each team member. The game is over when the time runs out (10 minutes) and the winner of the game will be the team with the most words guessed.
7. The "judge" for each team is responsible for counting the number of words the team correctly guesses.