

Cardabonne

Fitness V1

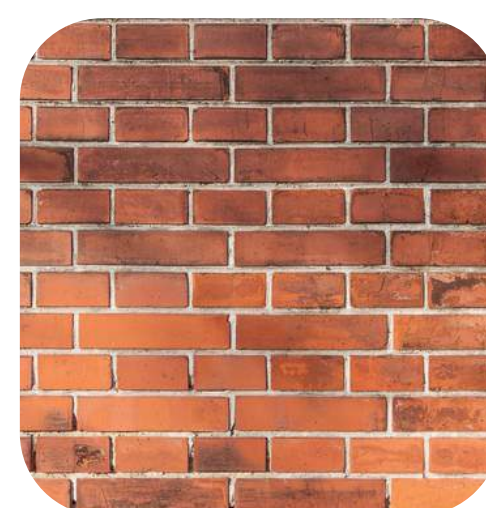


HOW TO PLAY

To play City Builder fitness, all you need is plenty of energy, a small space and a smile on your face!

Up to 4 players

Position the 2 starting tiles face up on the floor/tableside by side.

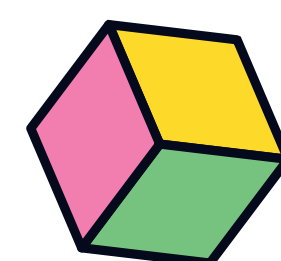


All game tiles are placed face down or inside a bag. The youngest player gets to choose the first tile. When a tile is drawn, players must first complete the exercise shown on that tile. A list of the exercises can be found below. If the tile has a green dot, this represents 5 reps/seconds. Any tile with a red dot represents 10 reps/seconds.

Once the exercise is completed, they place the tile onto the gameboard. Grass must touch grass, straw must touch straw, sticks must touch sticks and bricks must touch bricks.

The aim of the game is to build the most houses, therefore a player is also allowed to place one of their game counters on any piece they play. Points are scored when a house is completed. Game/score counters are shown below.

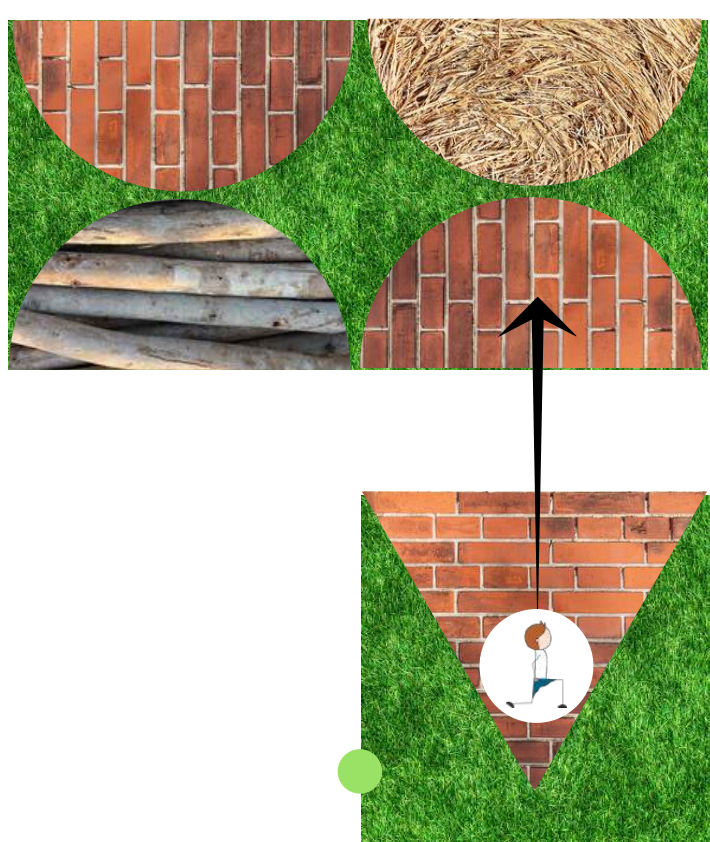
Once a tile is placed, the next player takes their turn.



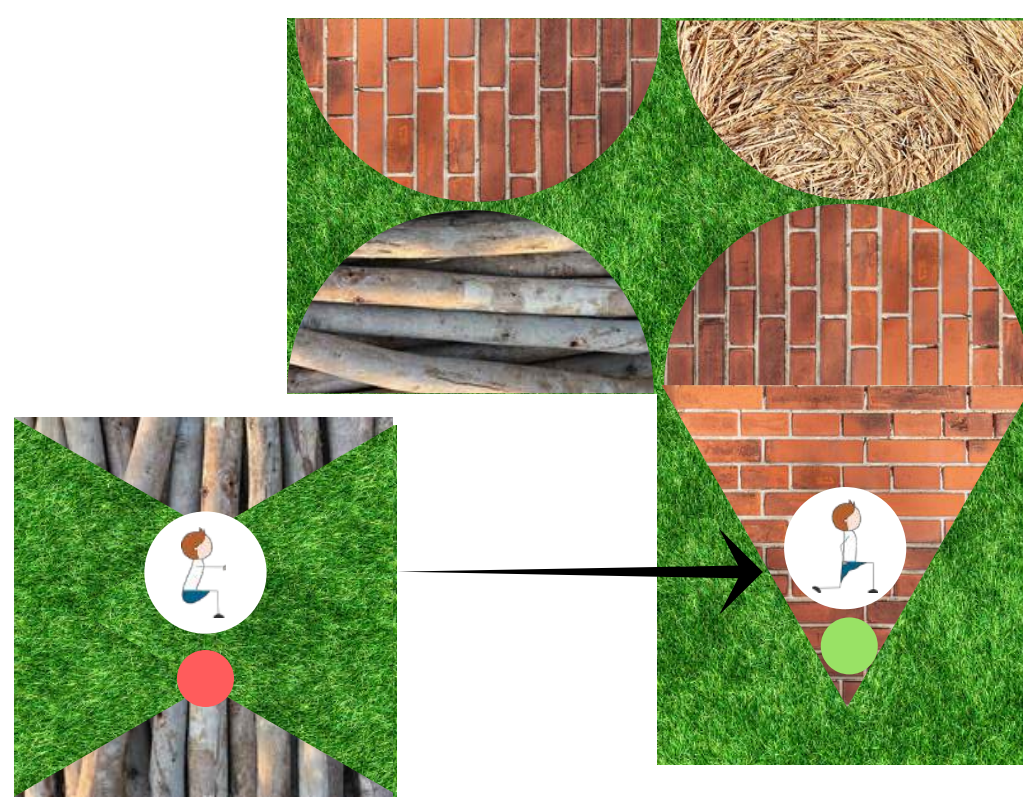
HOW TO PLAY CONTINUED

A straw house is worth 1 point, a stick house is worth 2 points and a brick house is worth 3 points.

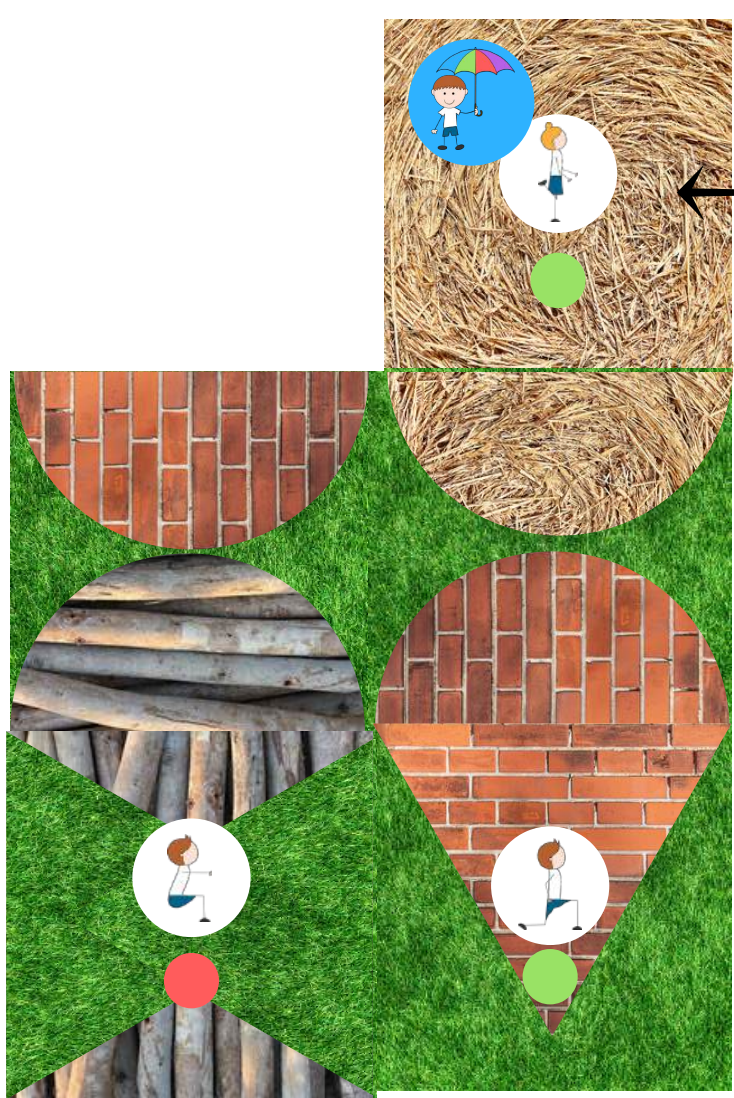
Move your score counter around the scoreboard once a house is completed and earn your game counter back.



Completing this house would earn you 3 points

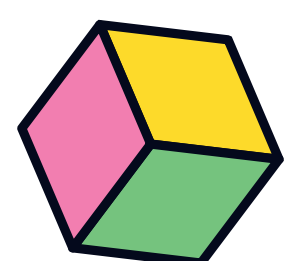
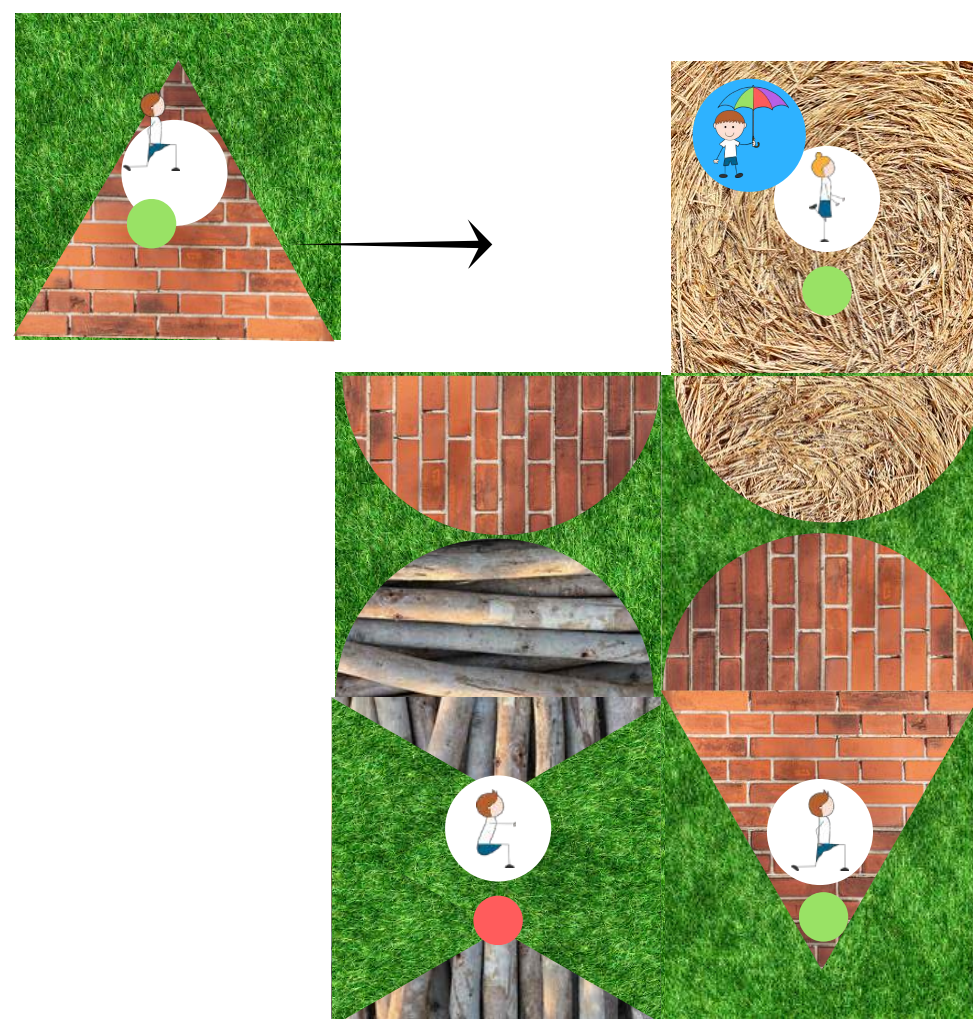


Adding this piece to complete the stick house would earn you 2 points, you could then place your playing counter on the spare stick house opposite,



Adding this piece scores 0 points as no houses have been completed. You can still add your game counter, showing you own that house.

I couldn't add this piece here because grass and straw can't go together...

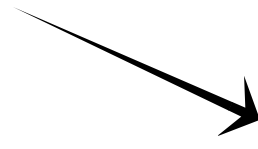


HOW TO PLAY CONTINUED

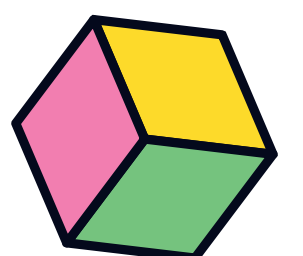
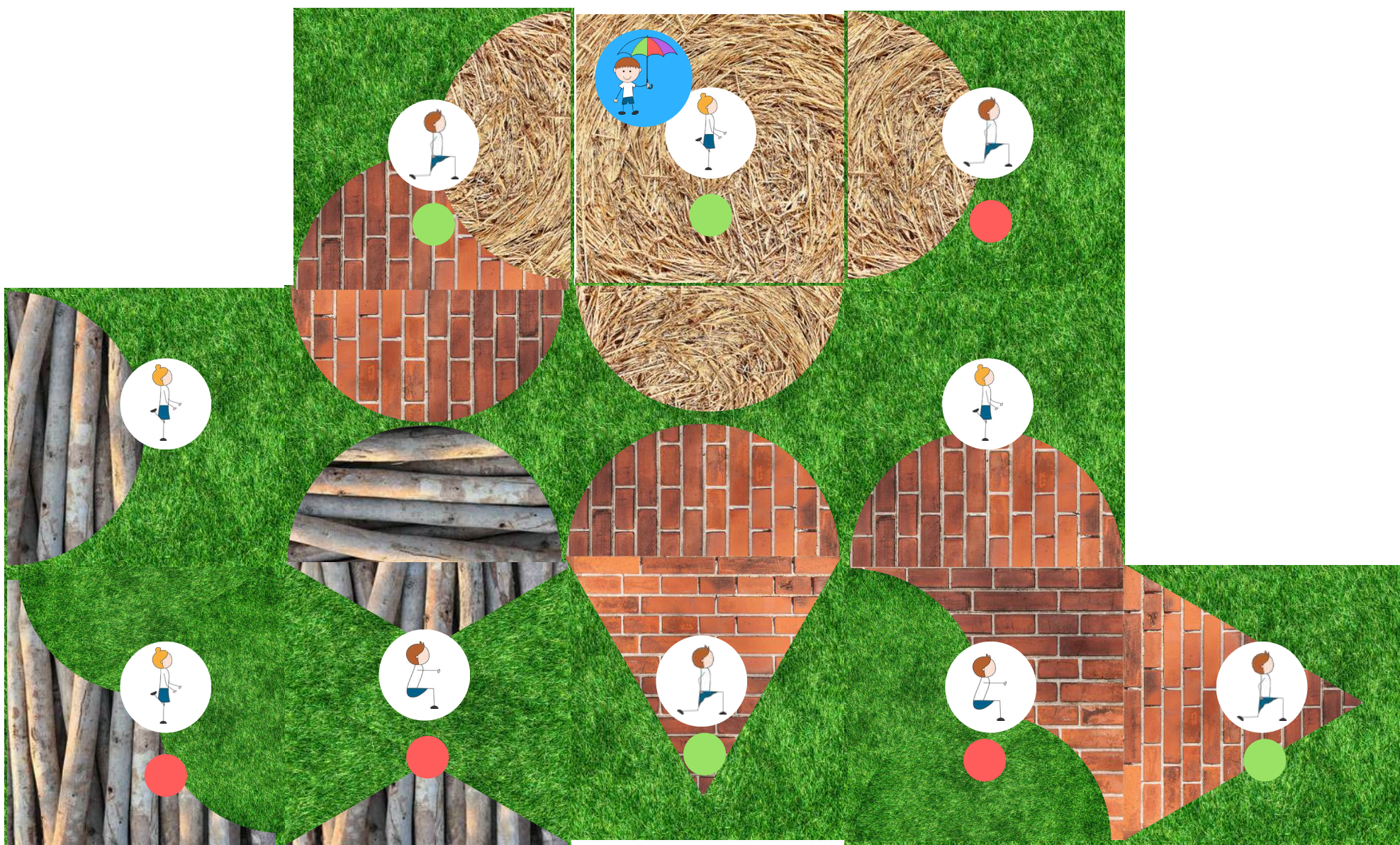
I can add this piece though...

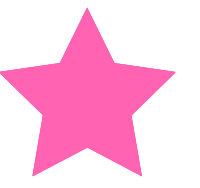
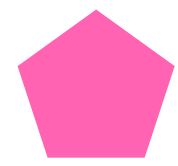
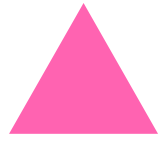
I can even add my counter to score 3 points for finishing the small brick house.

I can't put my counter on the straw house because the blue counter already own that.



The map of land continues to grow as exercises are completed and tiles are added, with points getting accumulated along the way. Play continues until all pieces are gone!





SHAPES EXPANSION

Just finished a unit of work or lesson? Would you like your students to consolidate their learning in a memorable, active and exciting way? Then, Carcassonne Fitness and Shapes expansion is perfect for you!

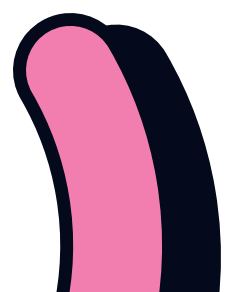
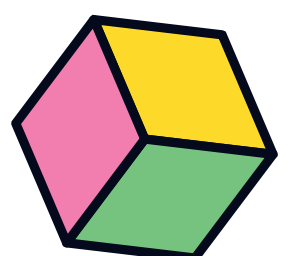
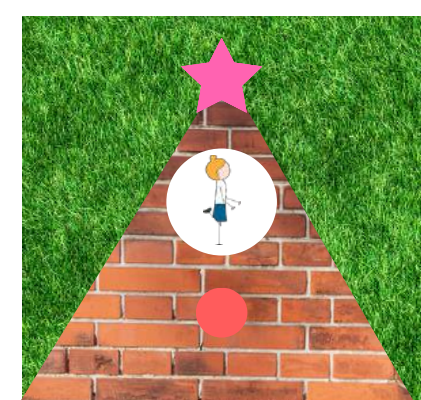
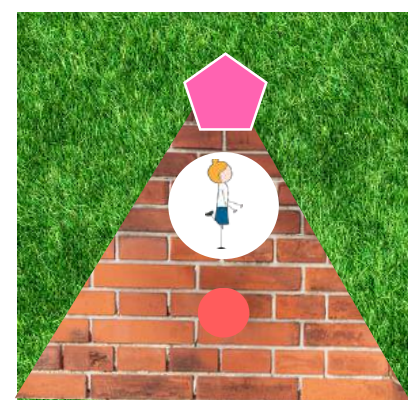
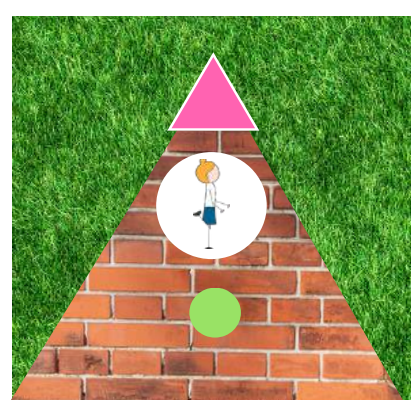
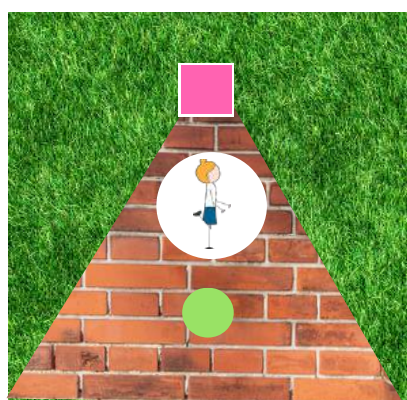
Being wondering what the pink shape symbols on each playing piece mean? Then wonder no more, as you can be the creator of learning for your students and designate question cards for each shape.

Use the blank templates in this pack to create up to 20 questions for each shape on the topic of your choosing!

In this version, when a player chooses a tile, not only do they complete the stated exercise, but they must answer a question from the designated category while doing so. The question can be read by any other player in the game. If correct, the piece is played as normal. If the question is incorrect, the player returns the tile and misses their go!

There is an example of this on the blank cards below. You may assign each shape to a mathematical operation, addition, subtraction, multiplication and division. Depending on the shape they pick, they answer a sum with one of those operations. You could assign each shape to a different times table you've learned, different spelling rules you've worked on (ible, able, homophones etc) or questions about different components of fitness...The game is yours to personalise for your students!

Who will reign supreme?

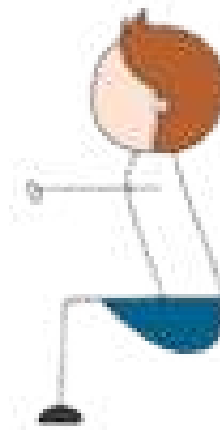


EXERCISES KEY



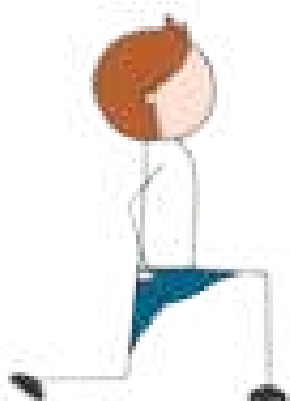
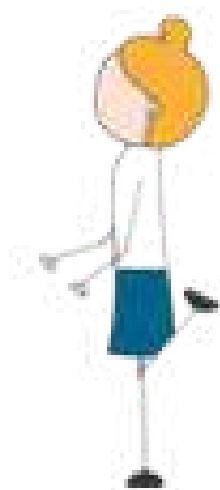
SQUATS

REPETITIONS



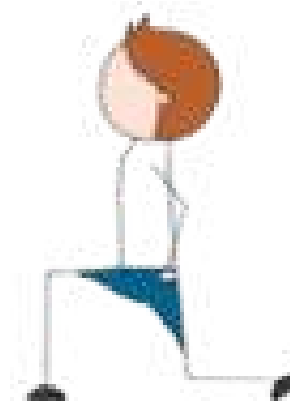
HOP

REPETITIONS



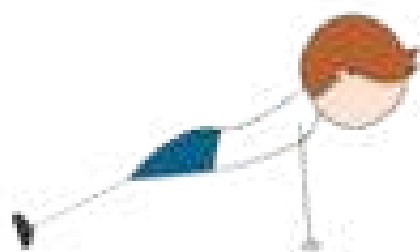
LUNGES

REPETITIONS



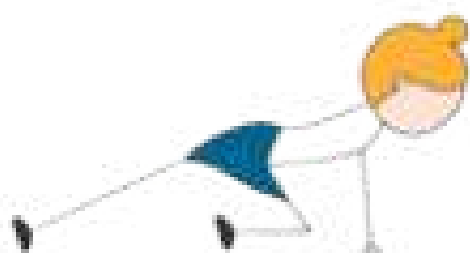
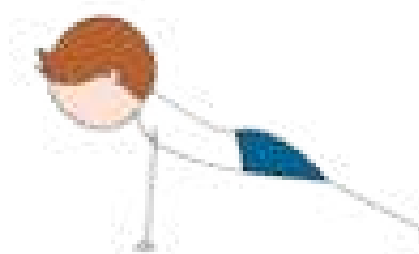
BALANCE 1 LEG

SECONDS



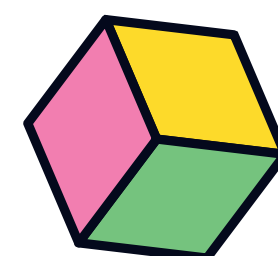
FRONT SUPPORT

SECONDS

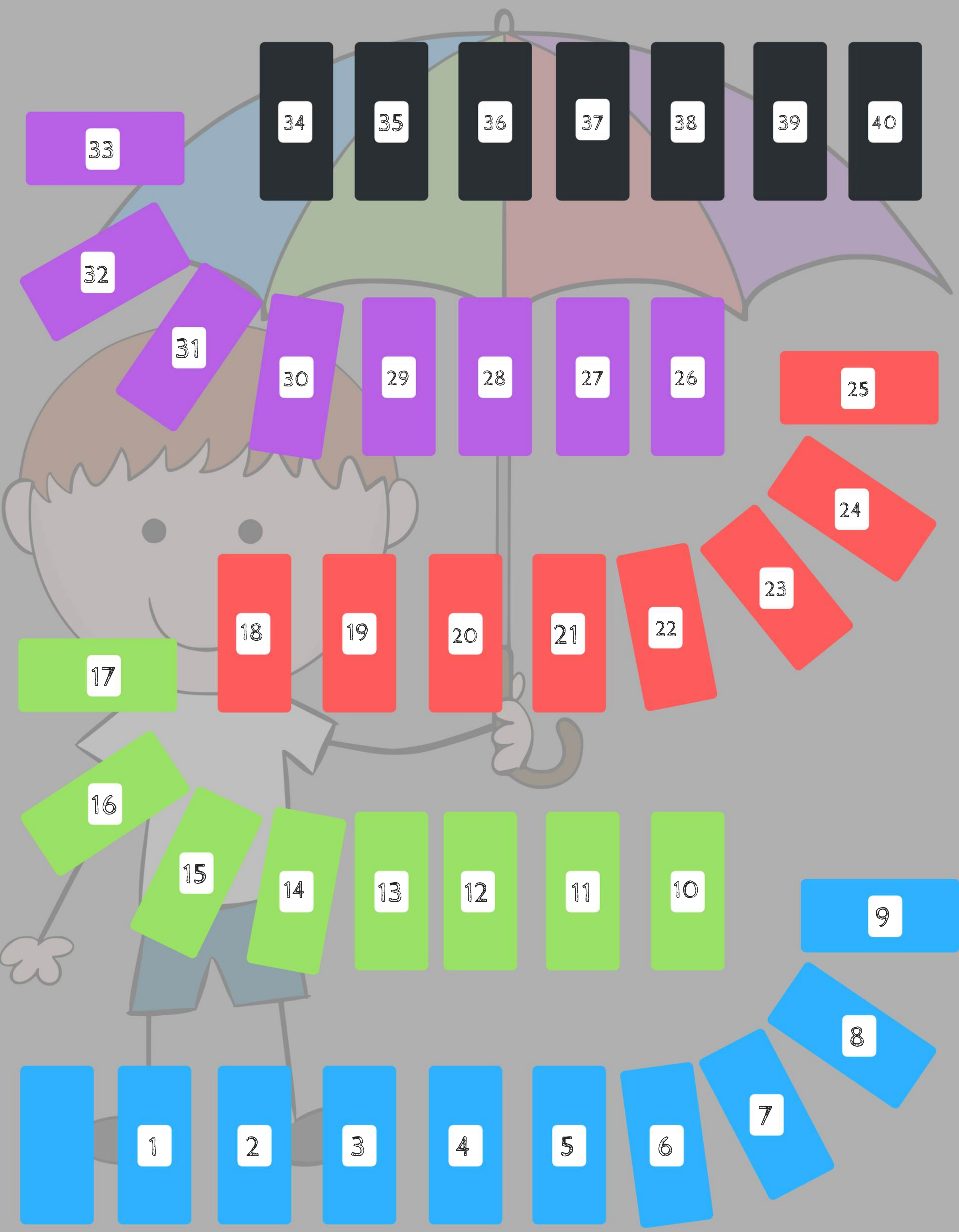


MOUNTAIN CLIMBERS

REPETITIONS



GAME BOARD



34 35 36 37 38 39 40

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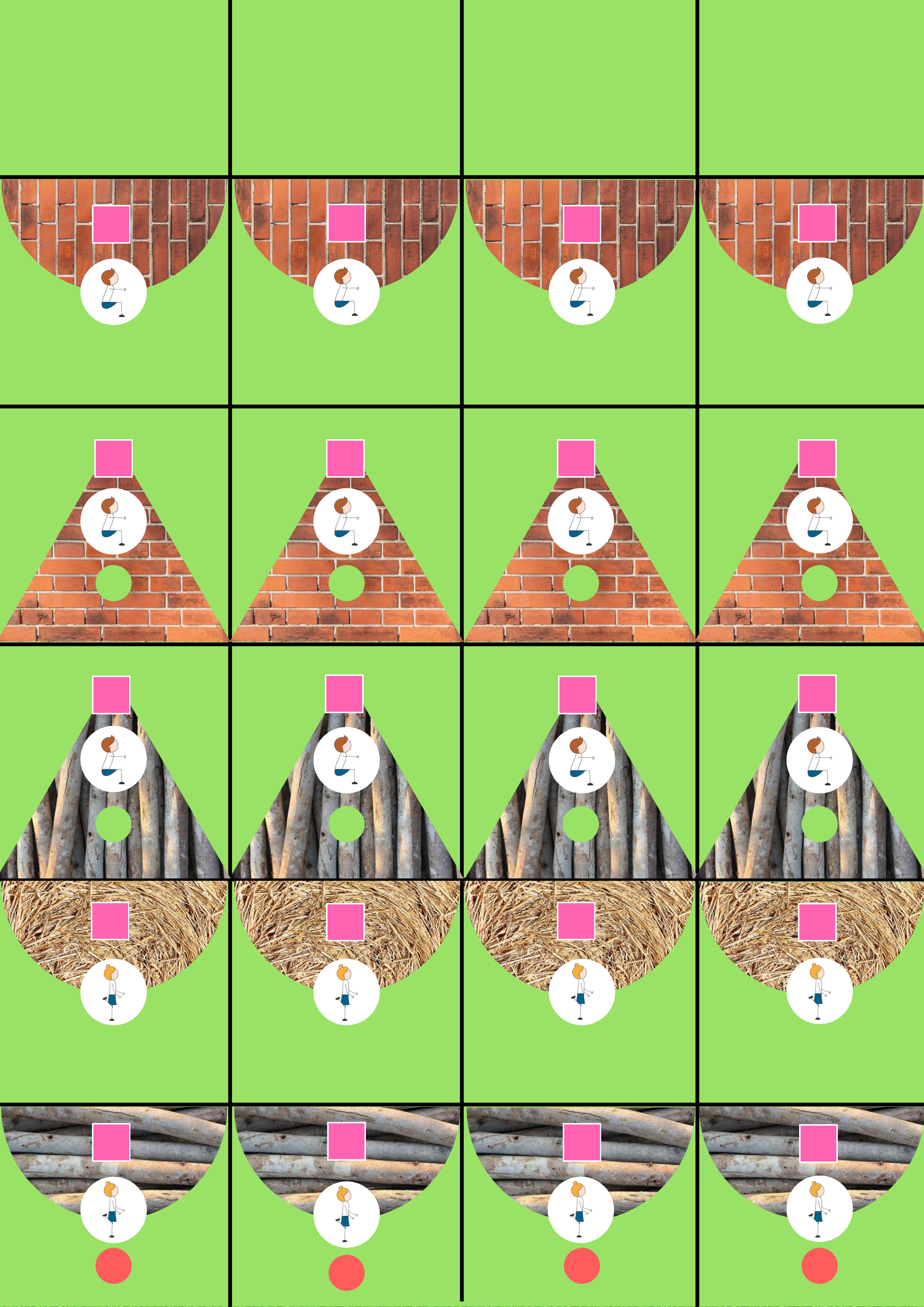
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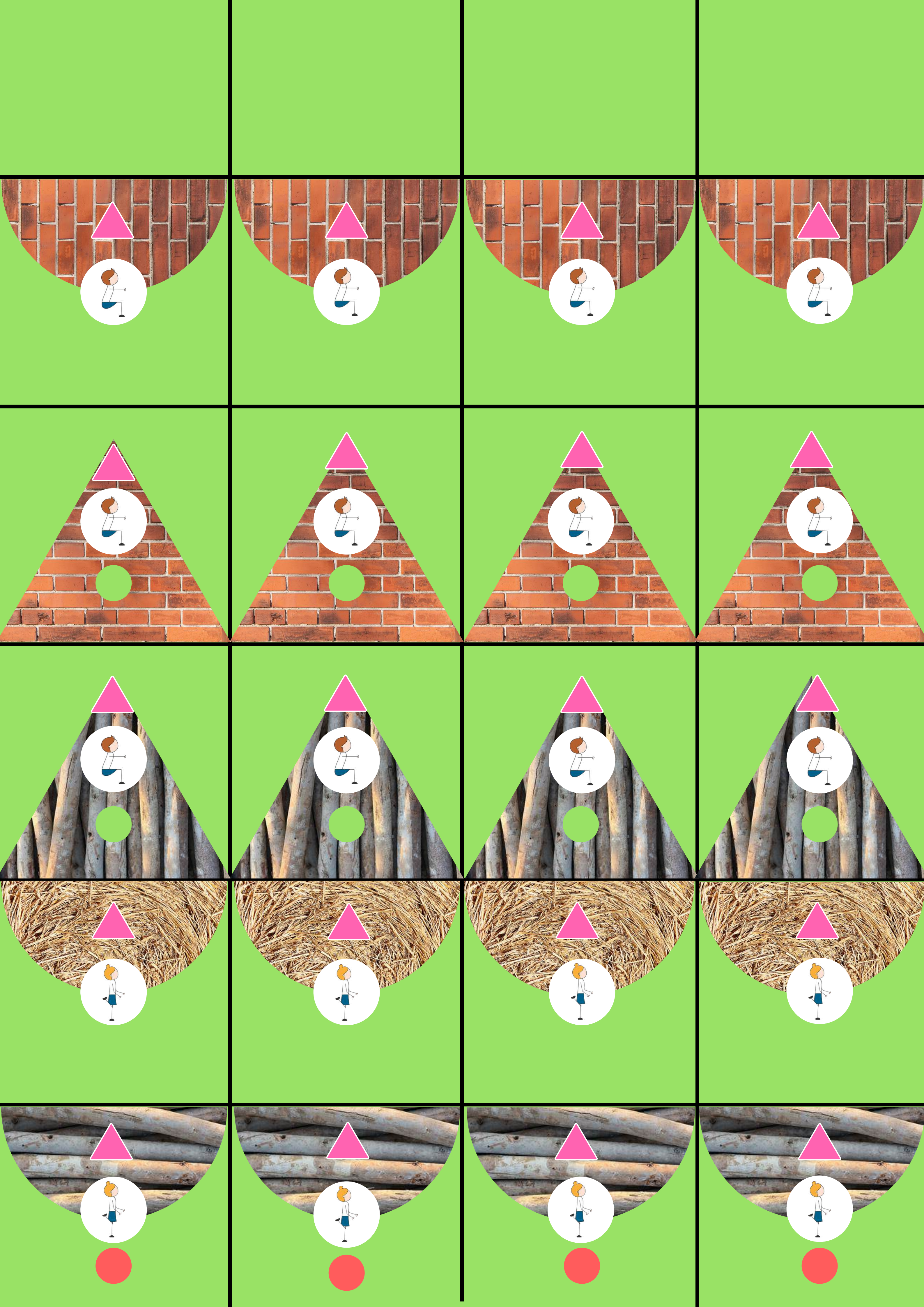
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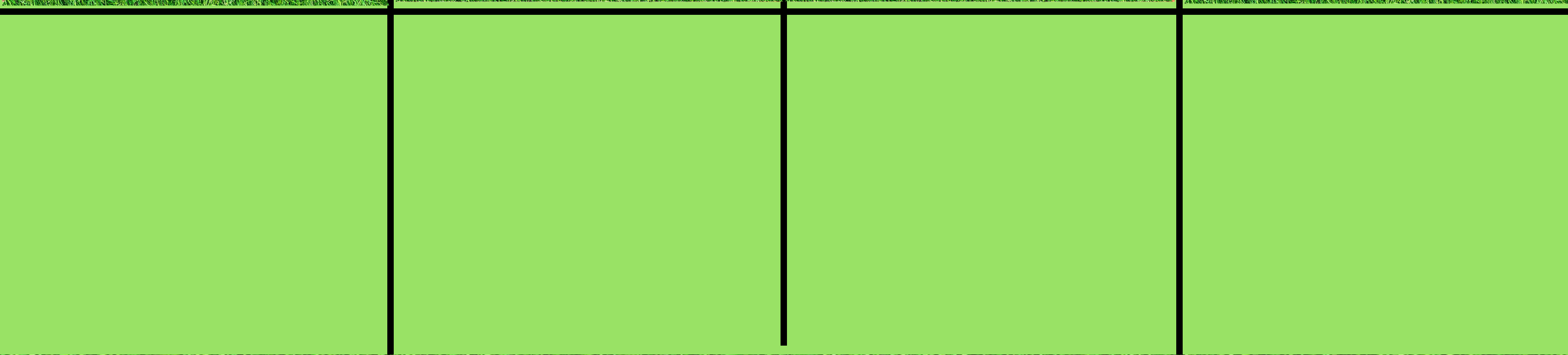
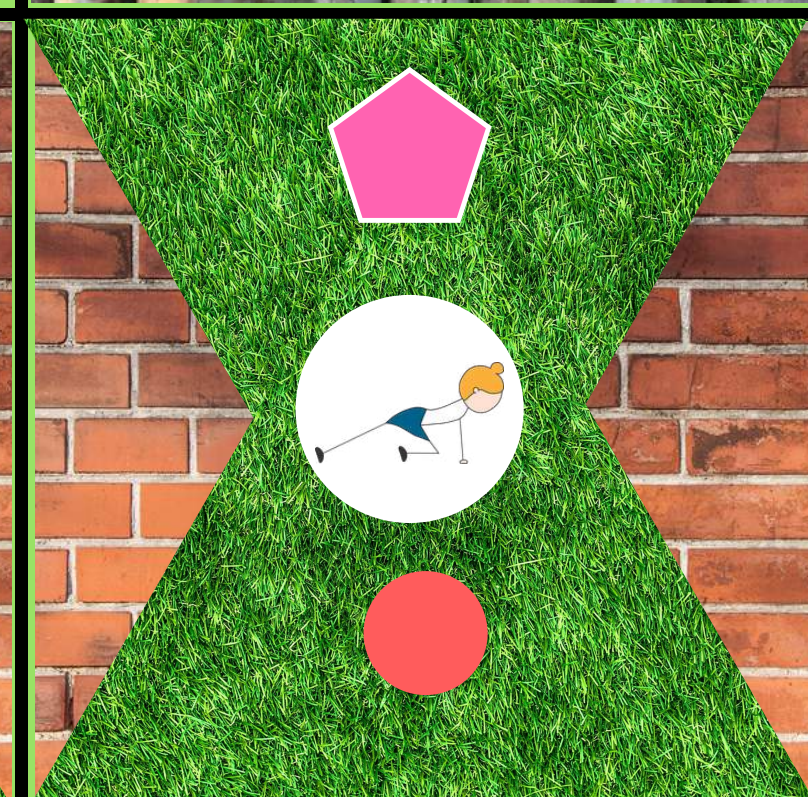
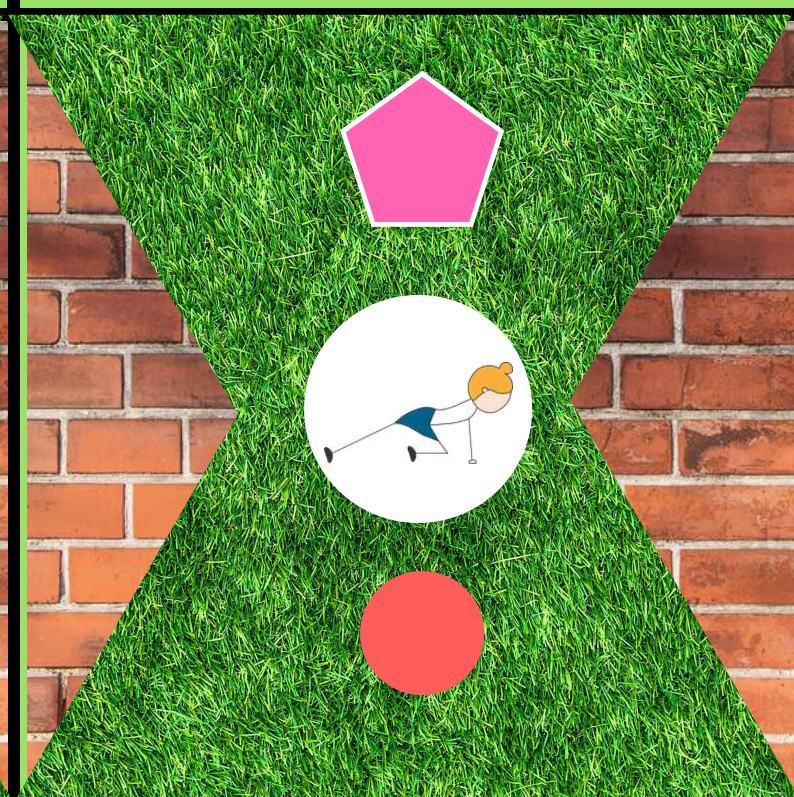
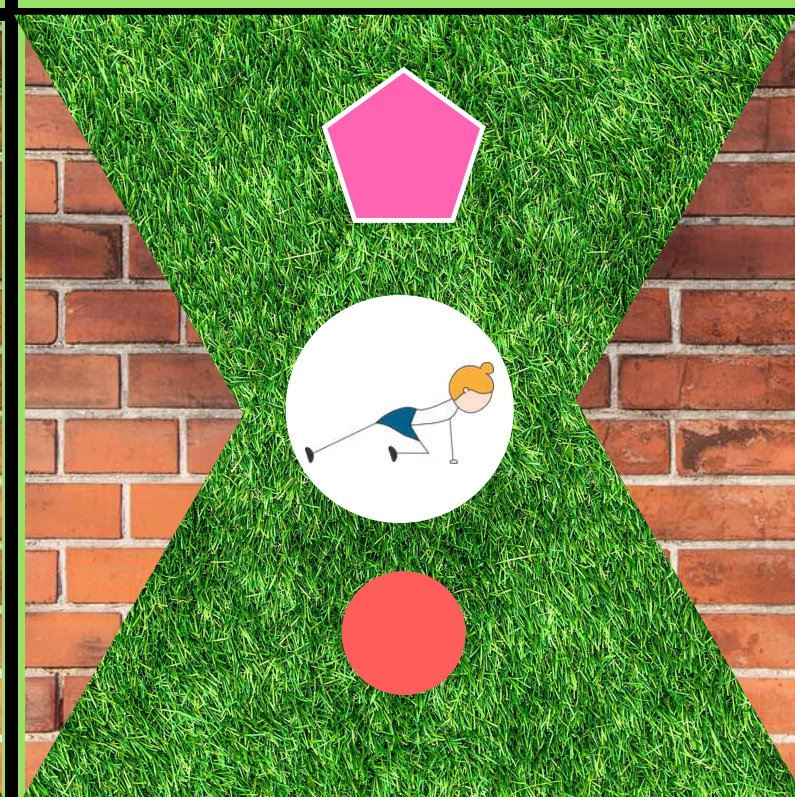
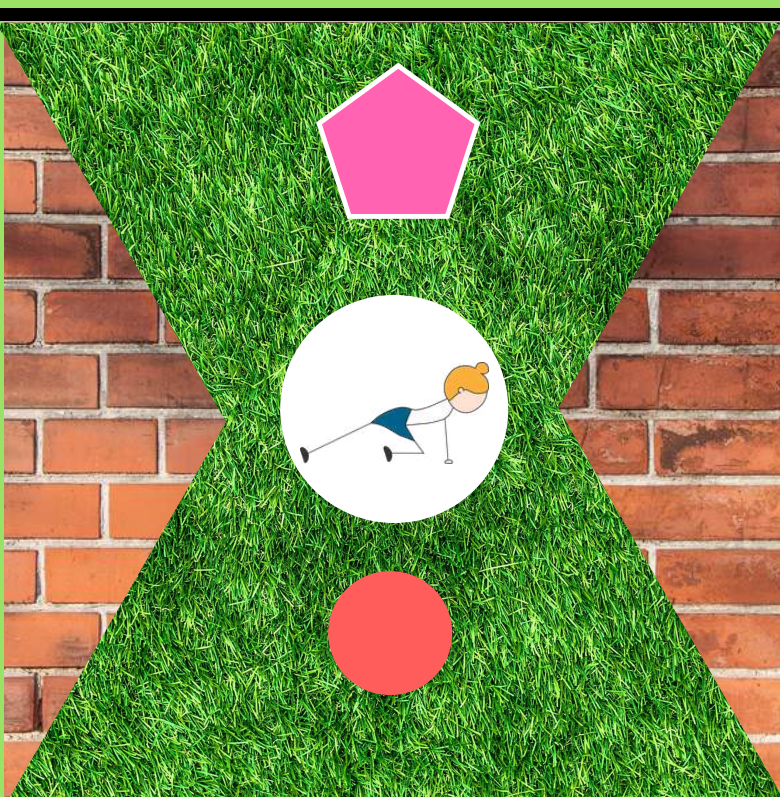
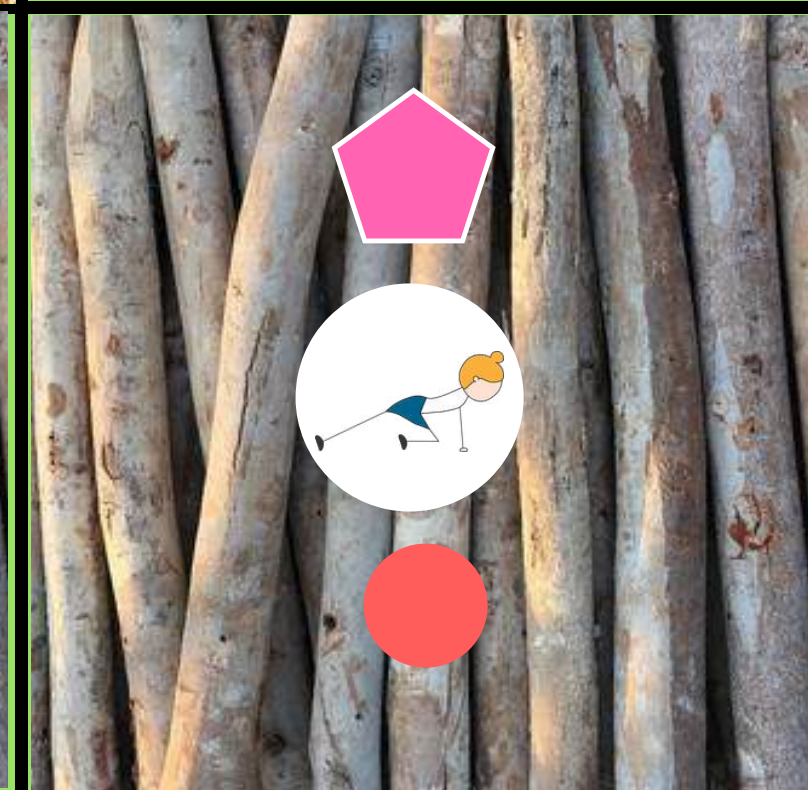
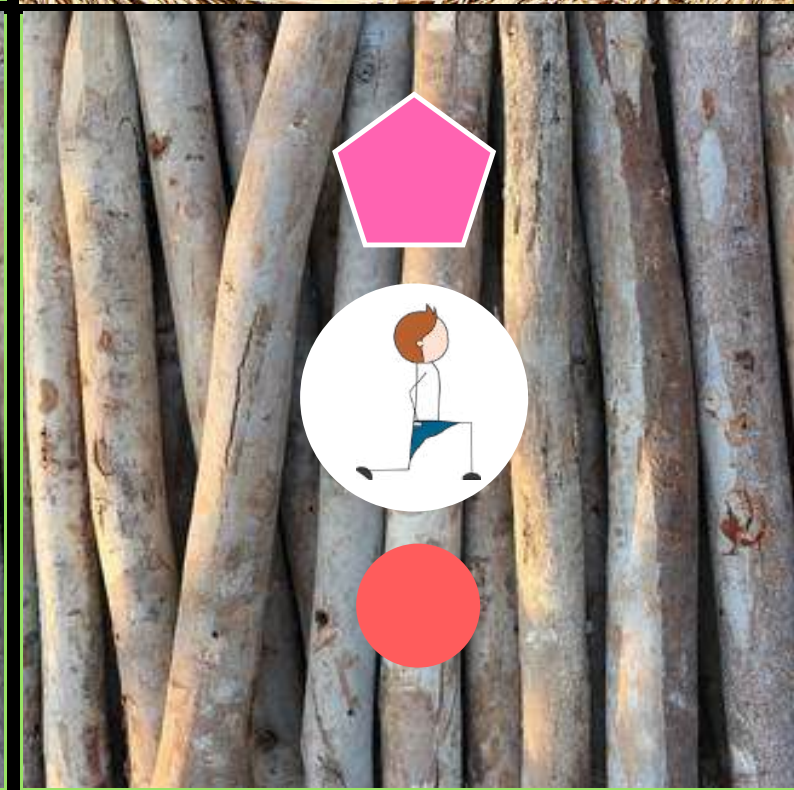
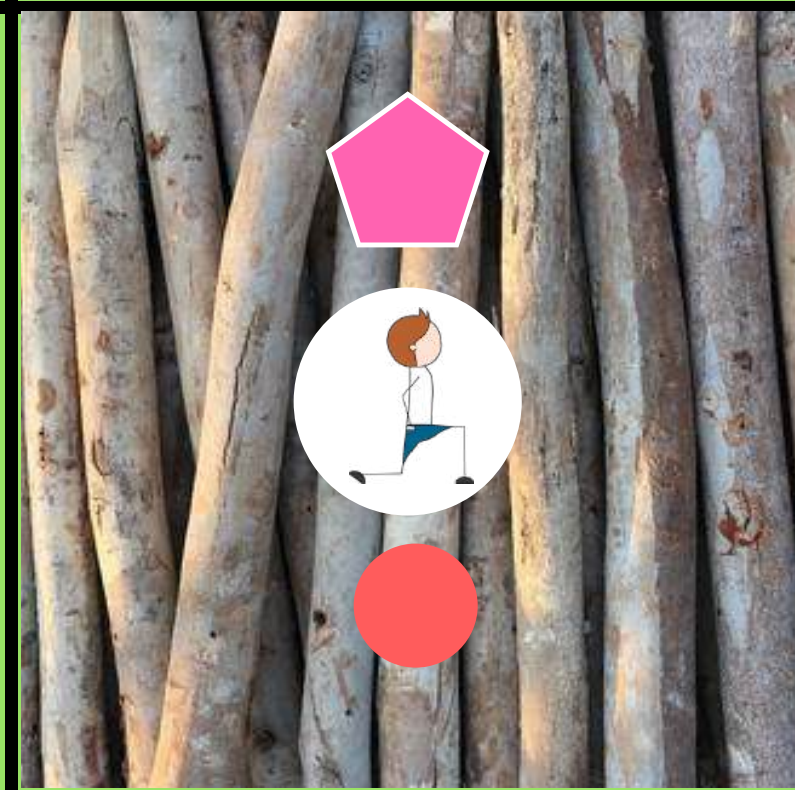
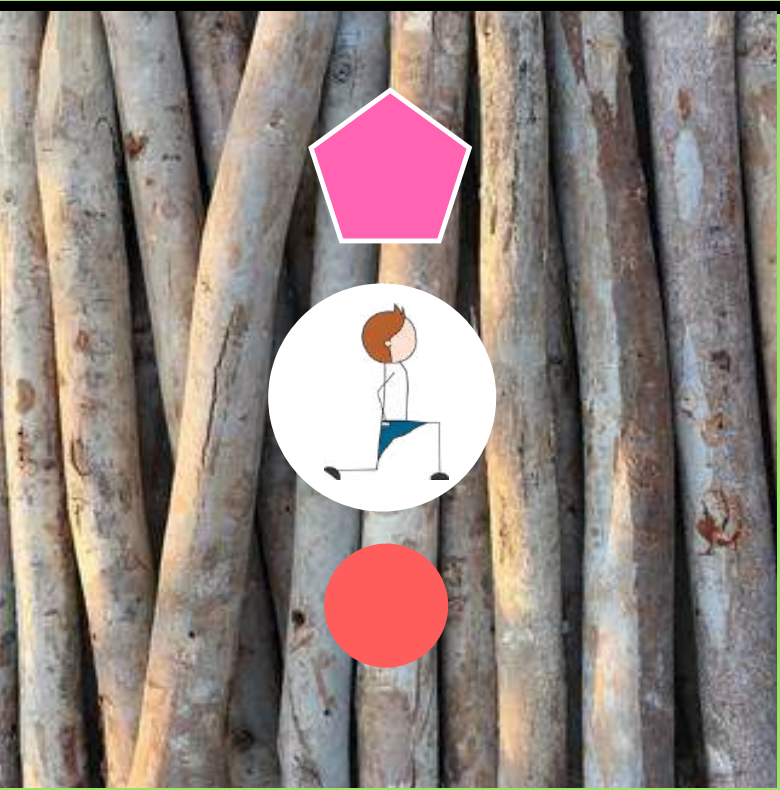
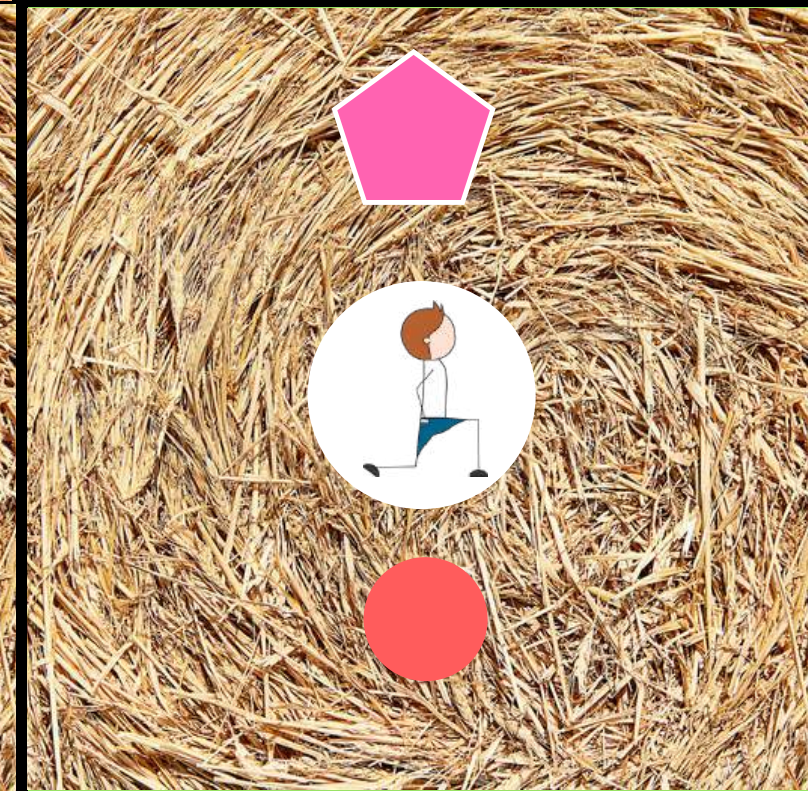
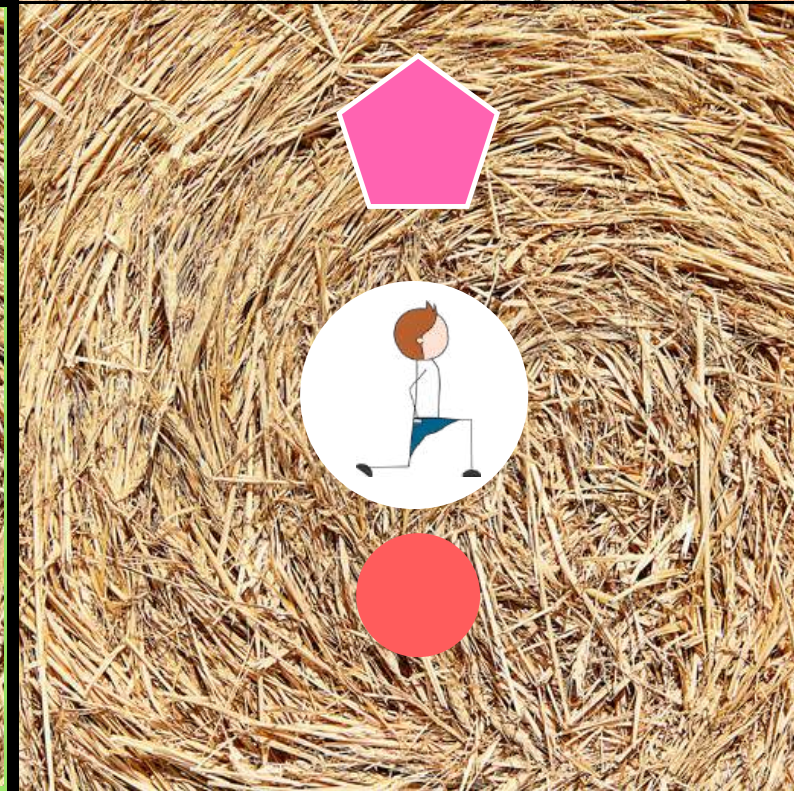
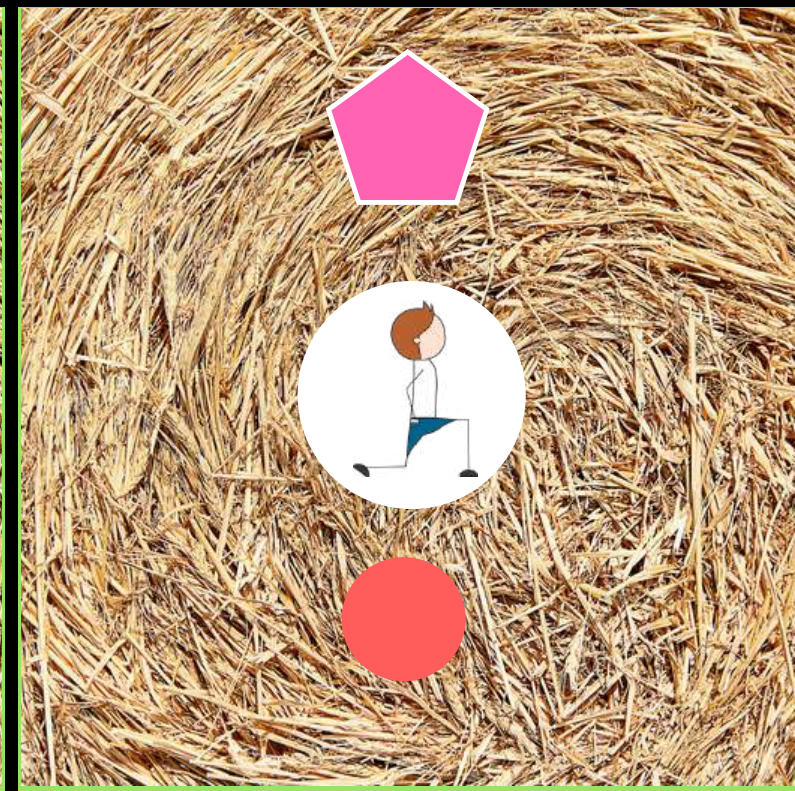
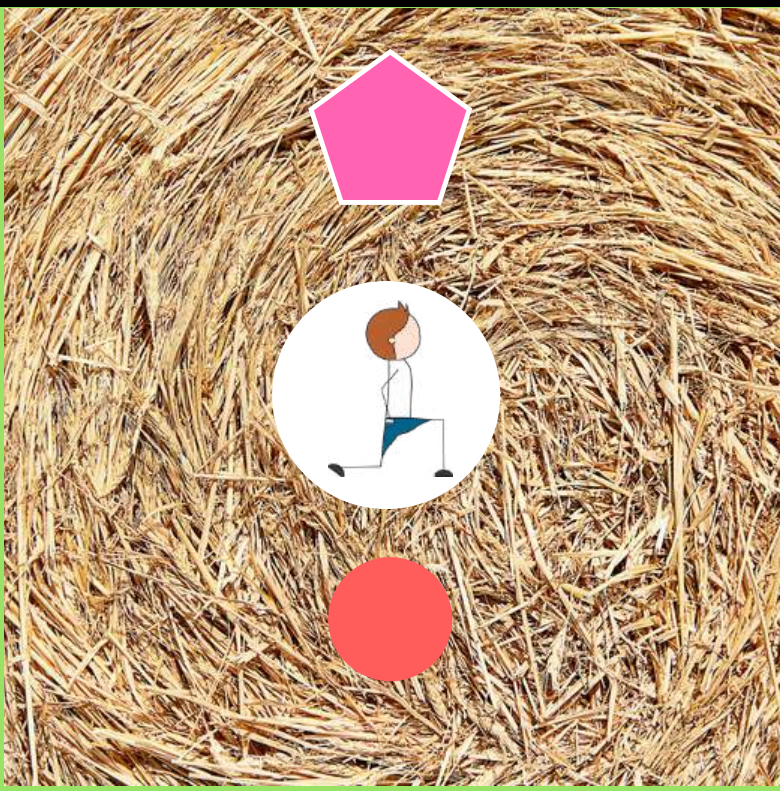
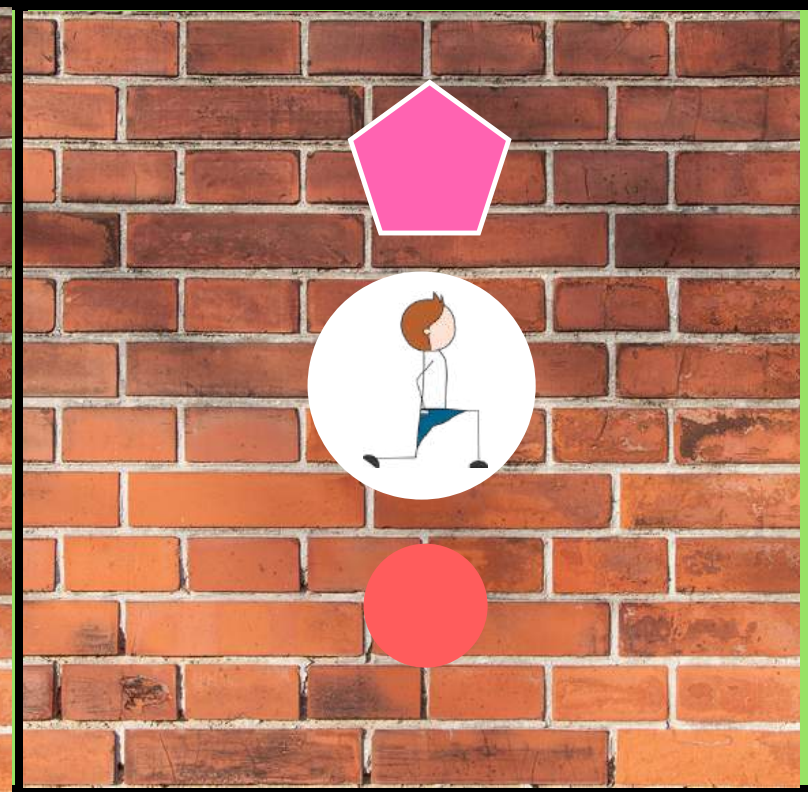
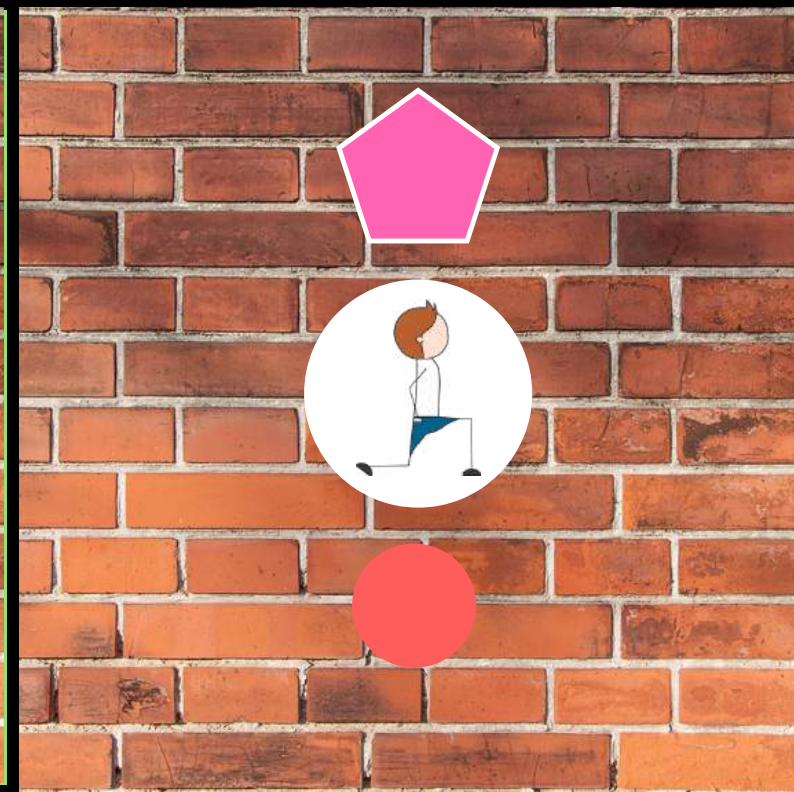
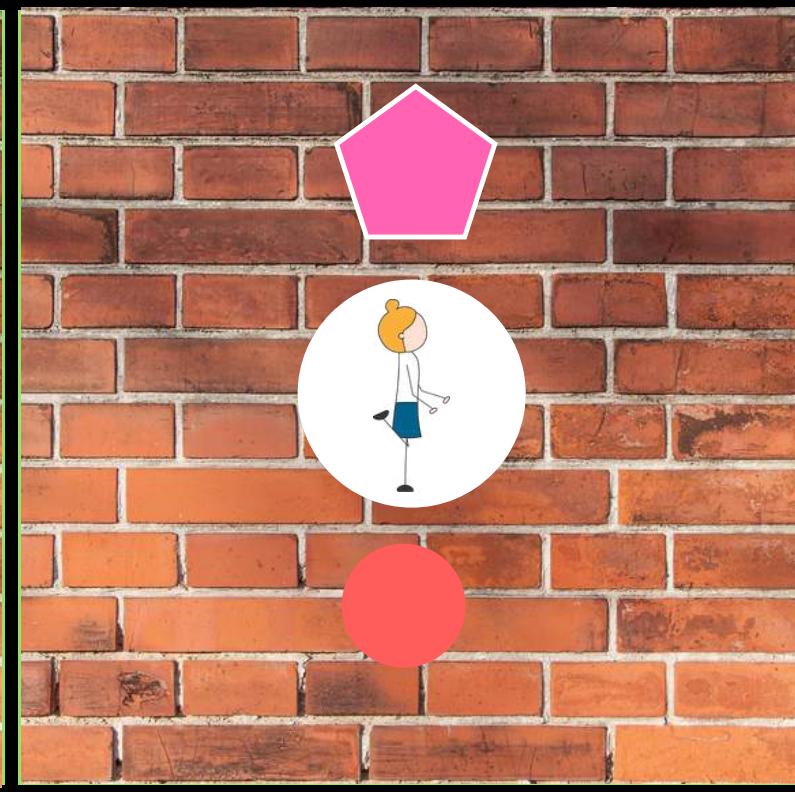
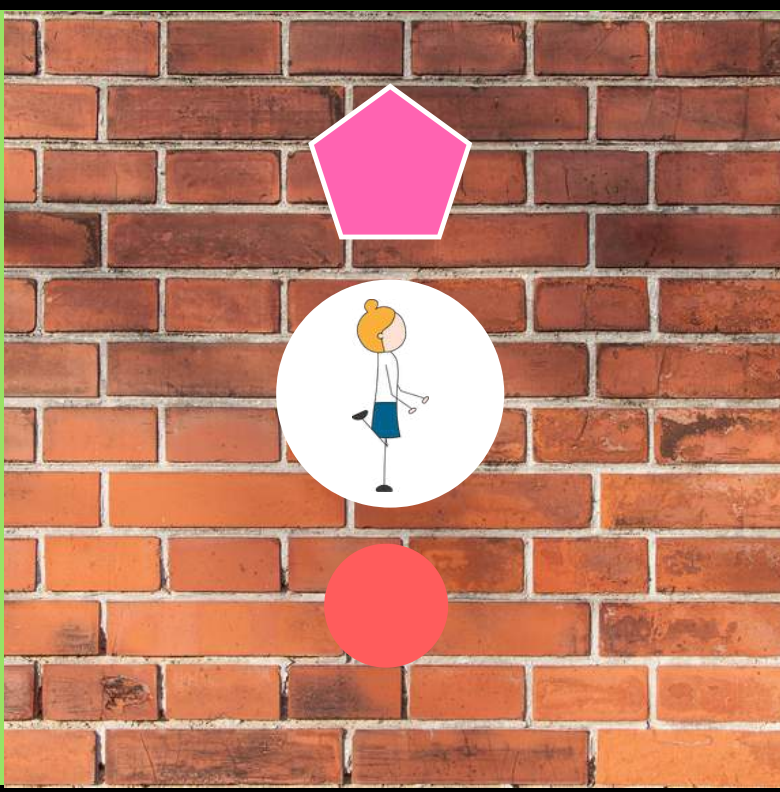
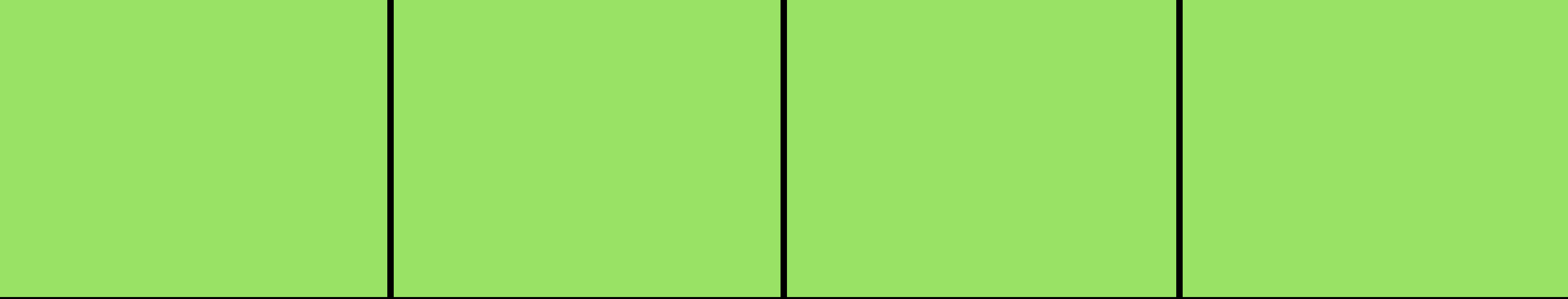
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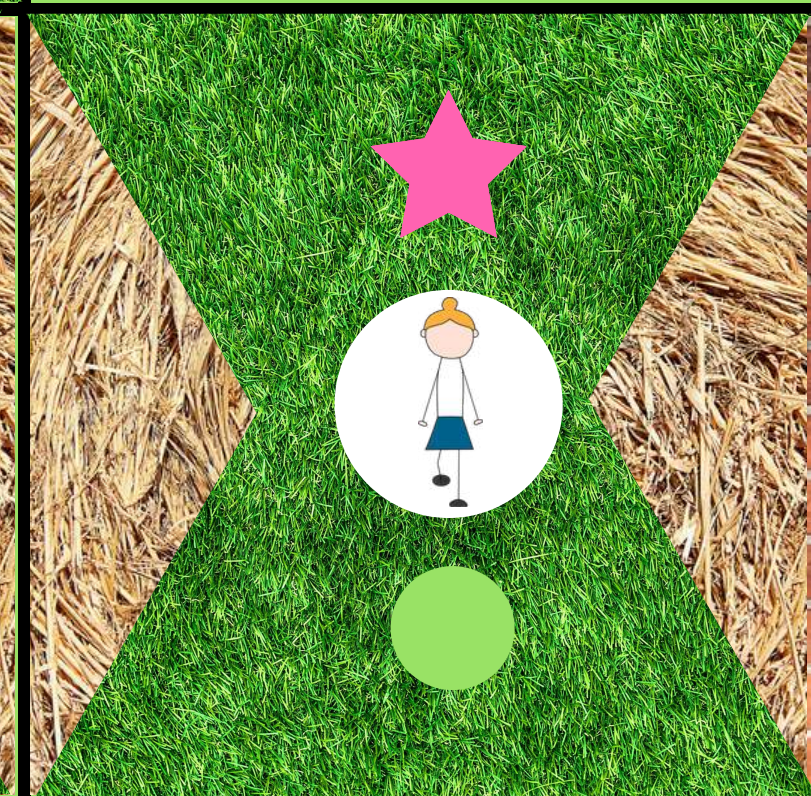
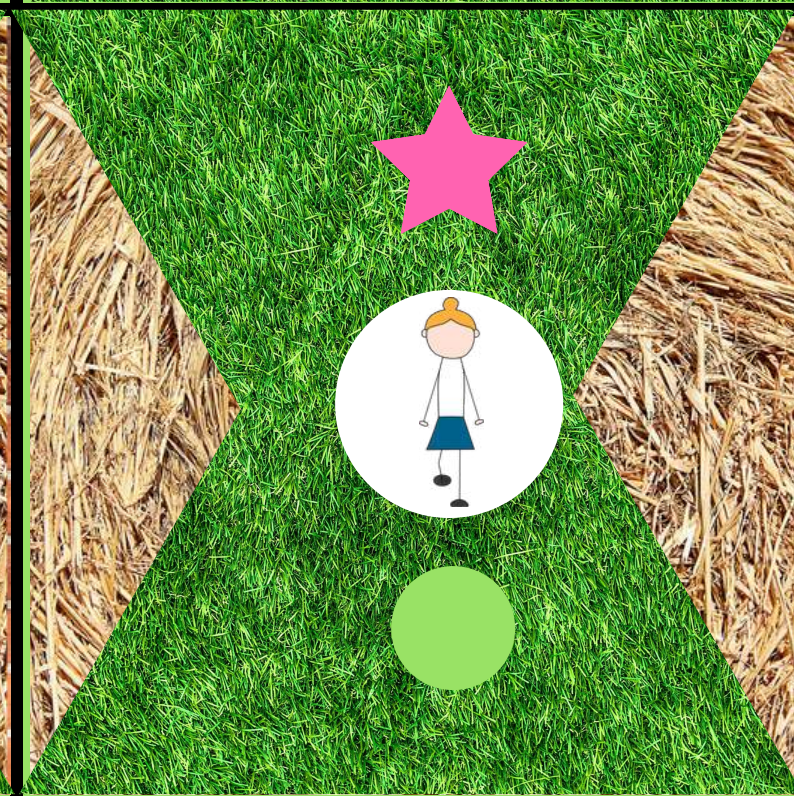
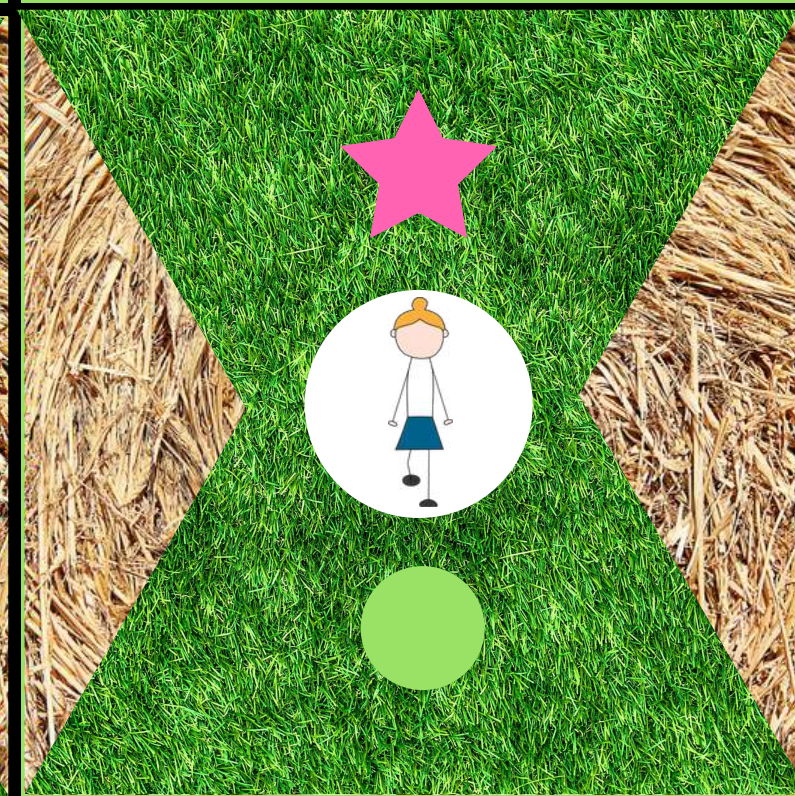
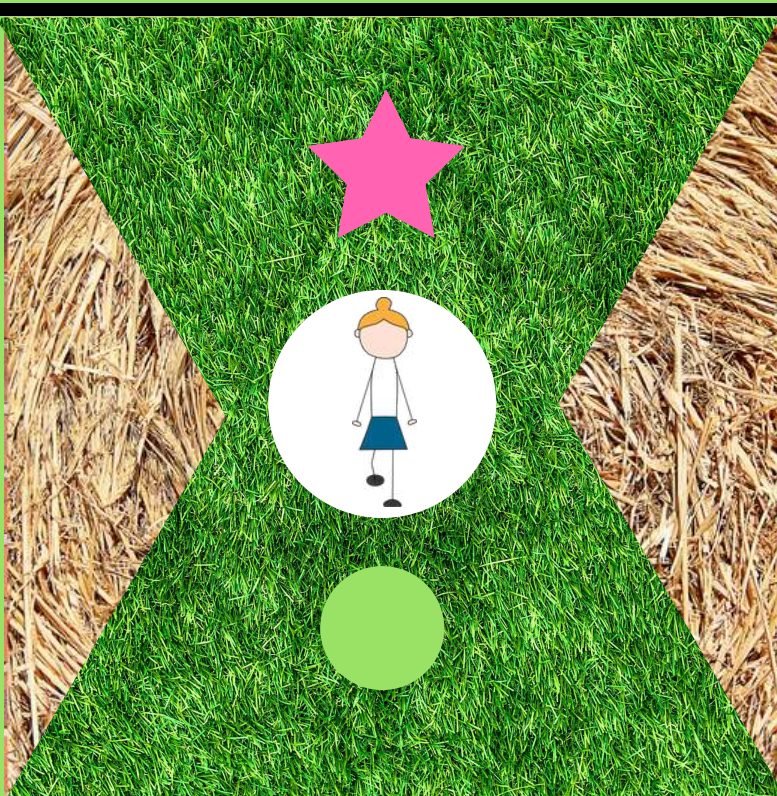
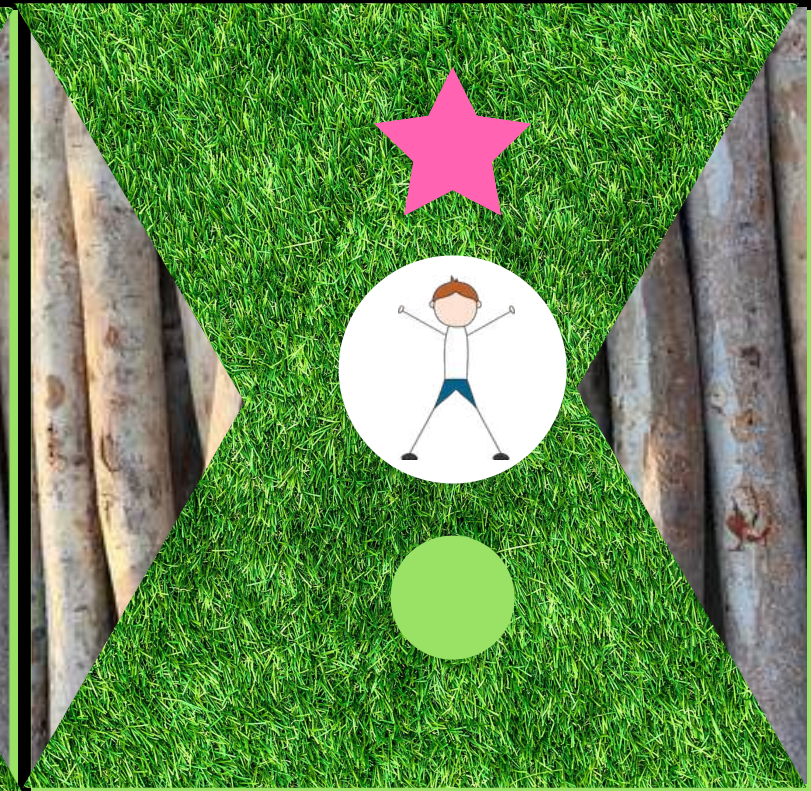
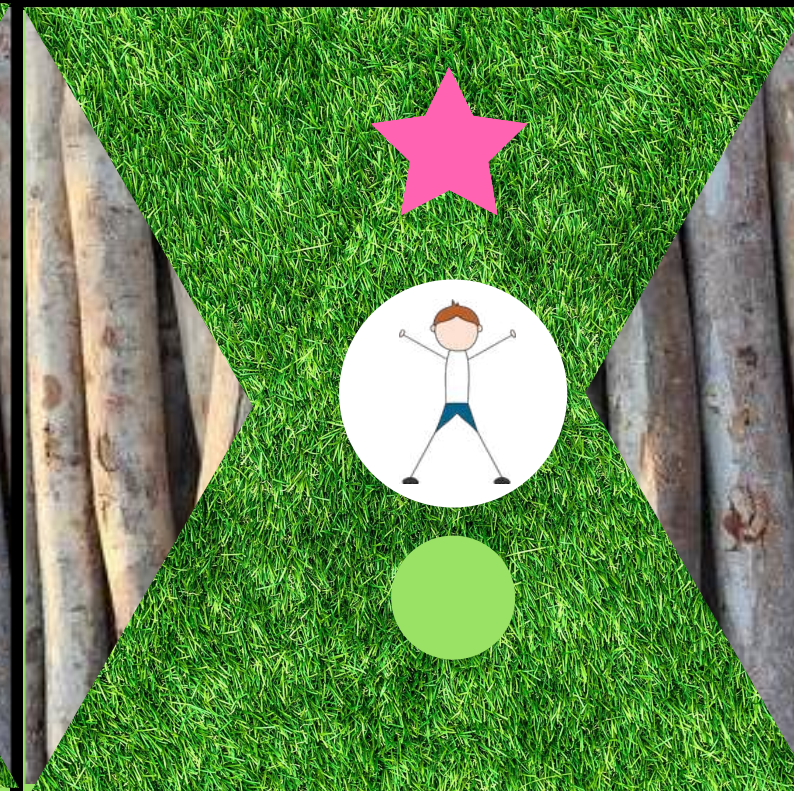
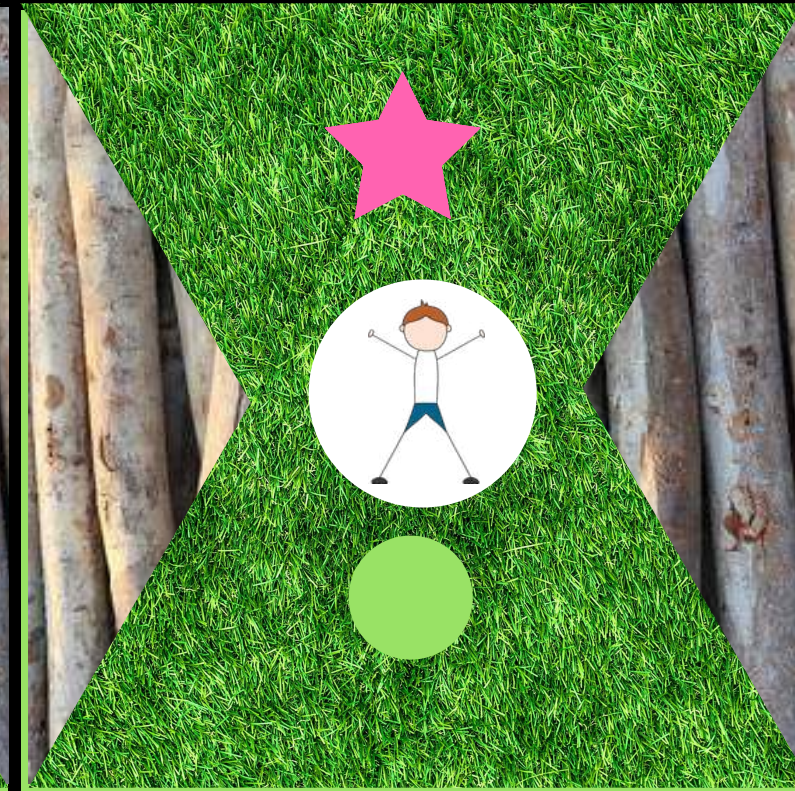
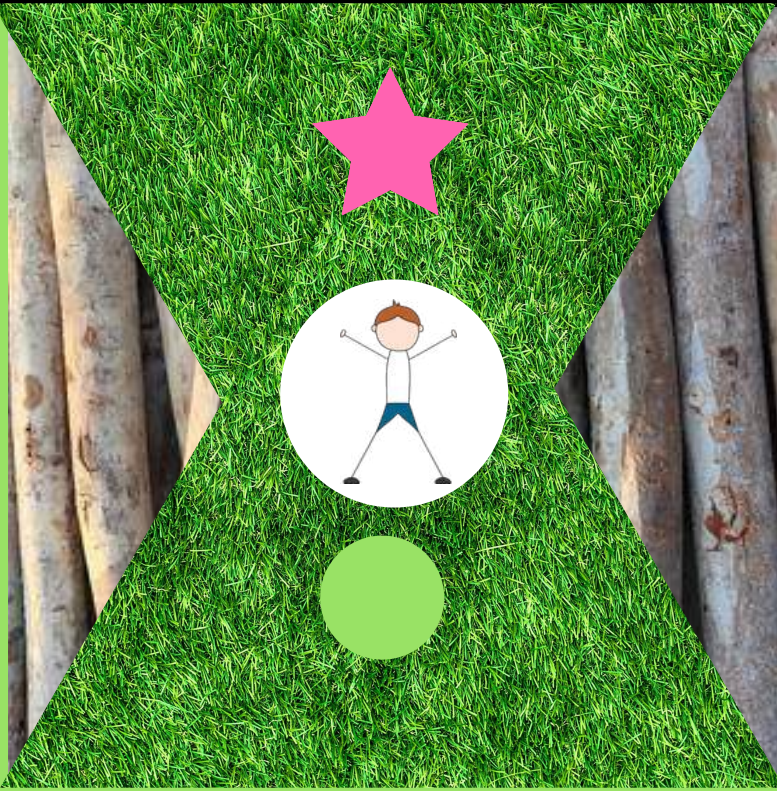
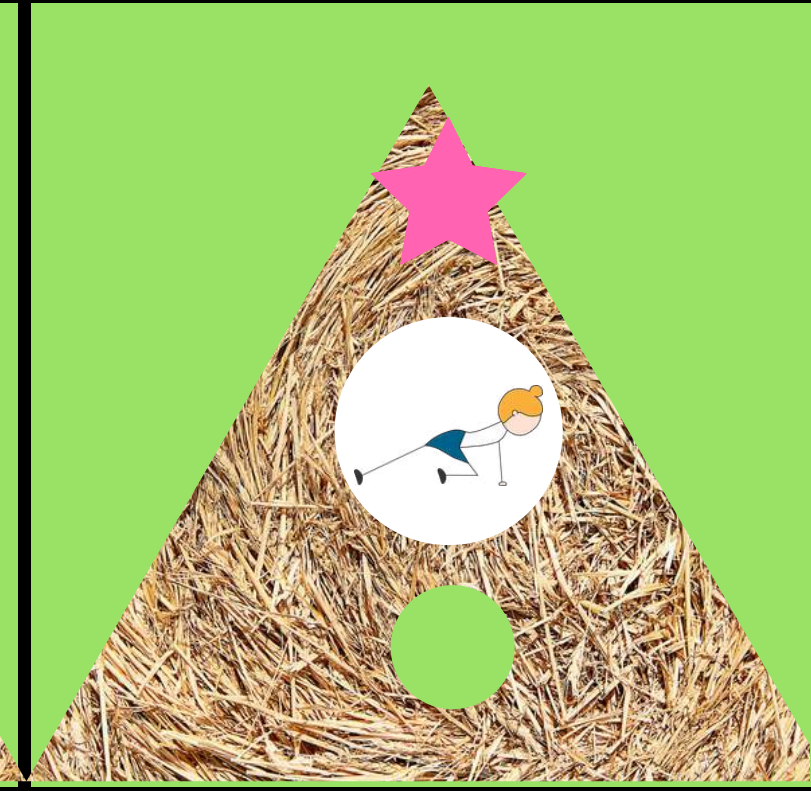
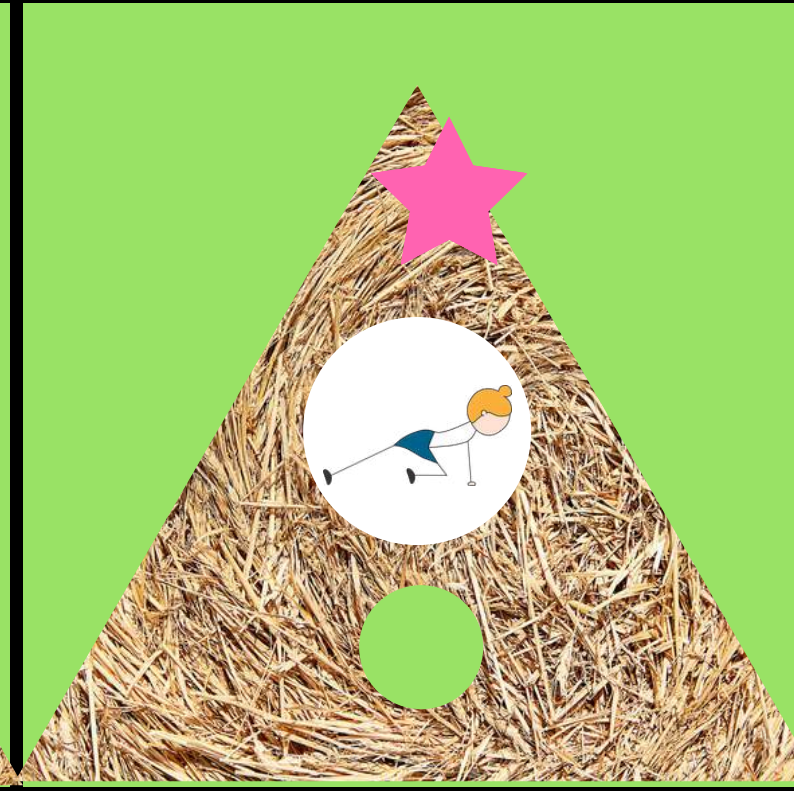
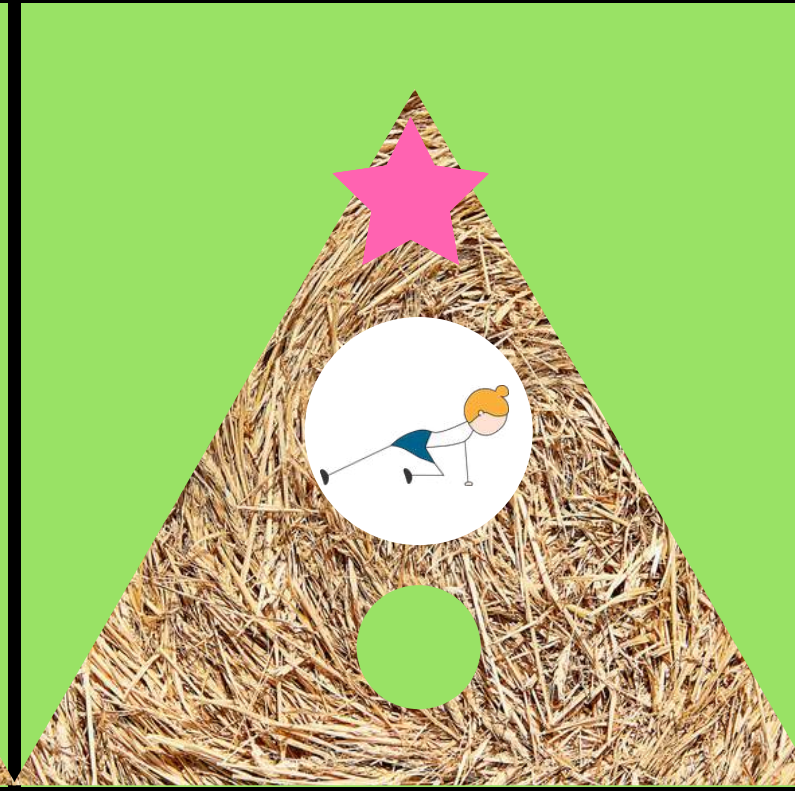
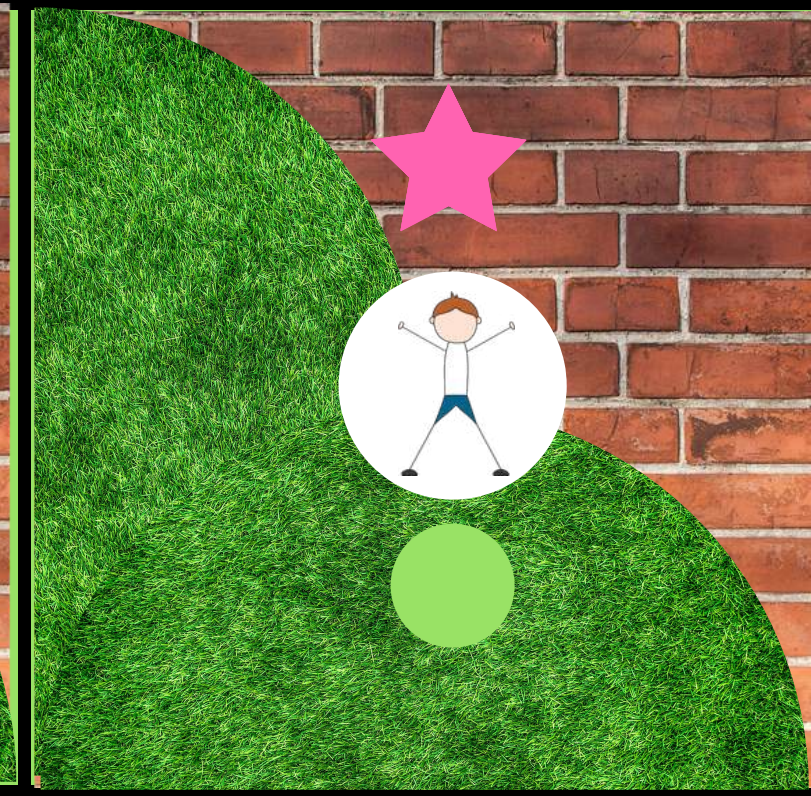
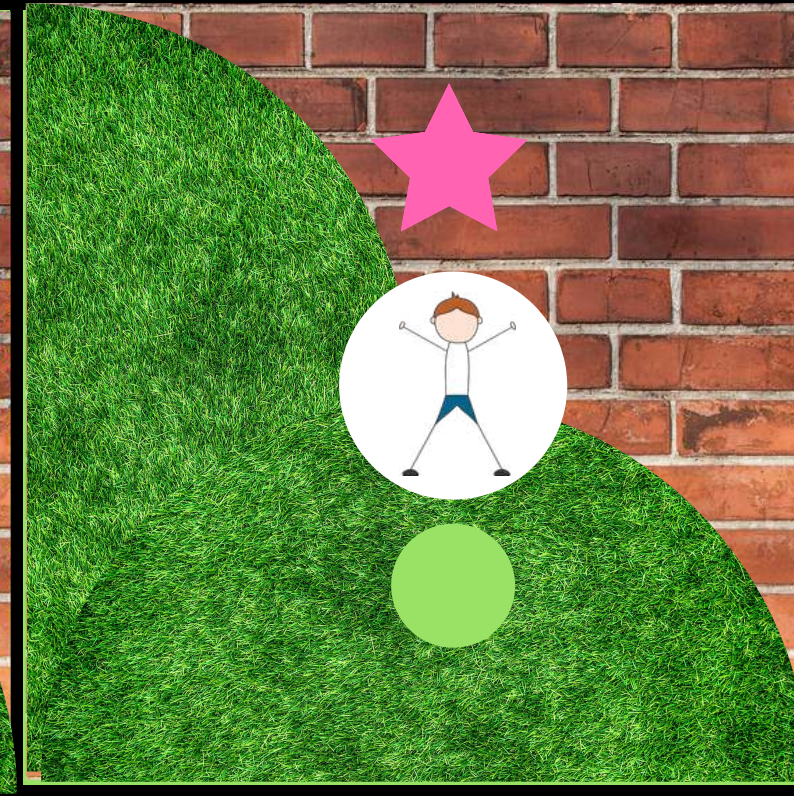
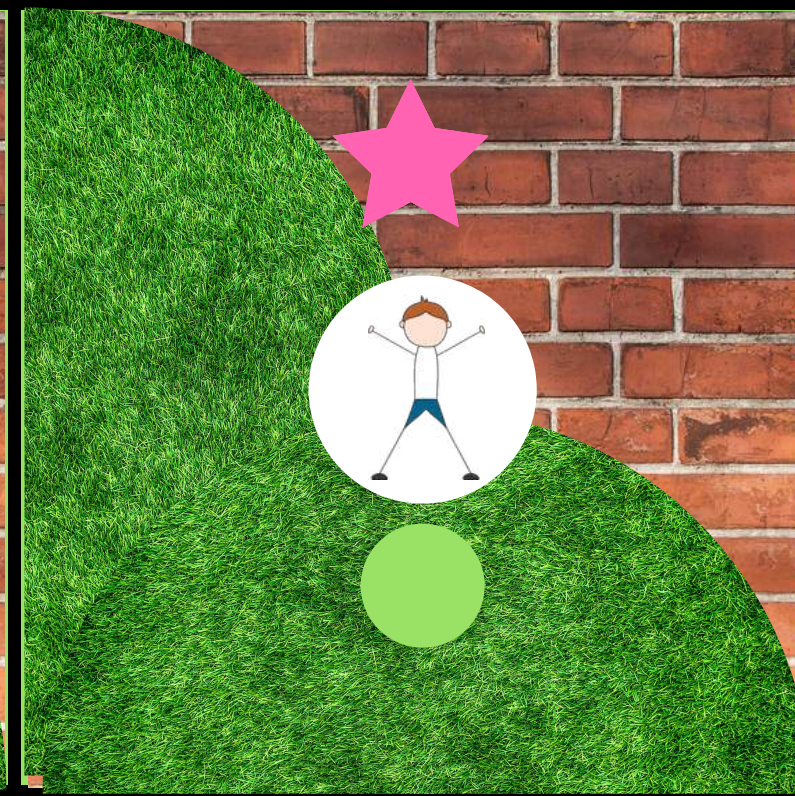
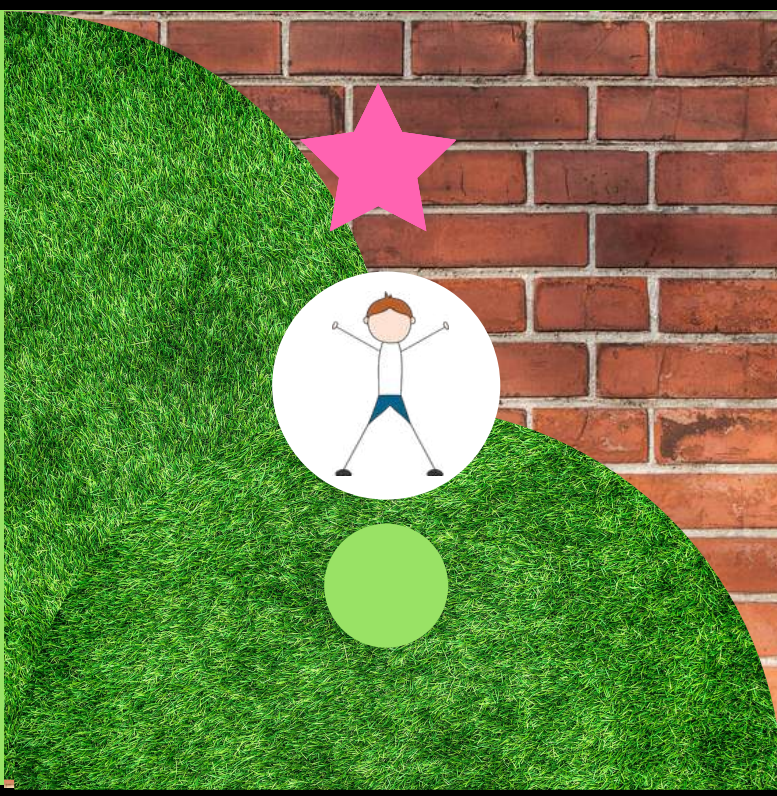
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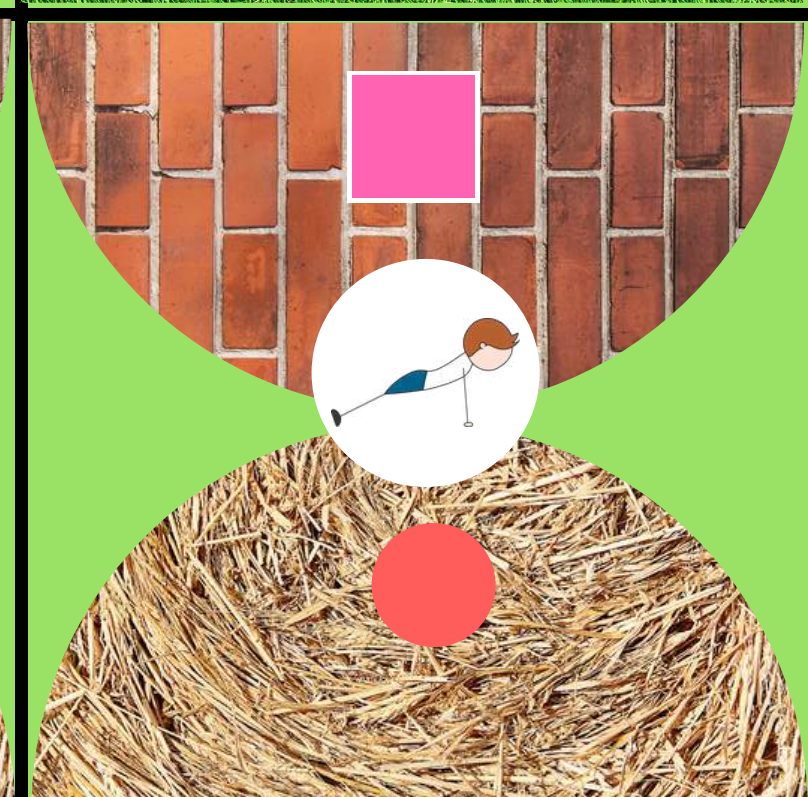
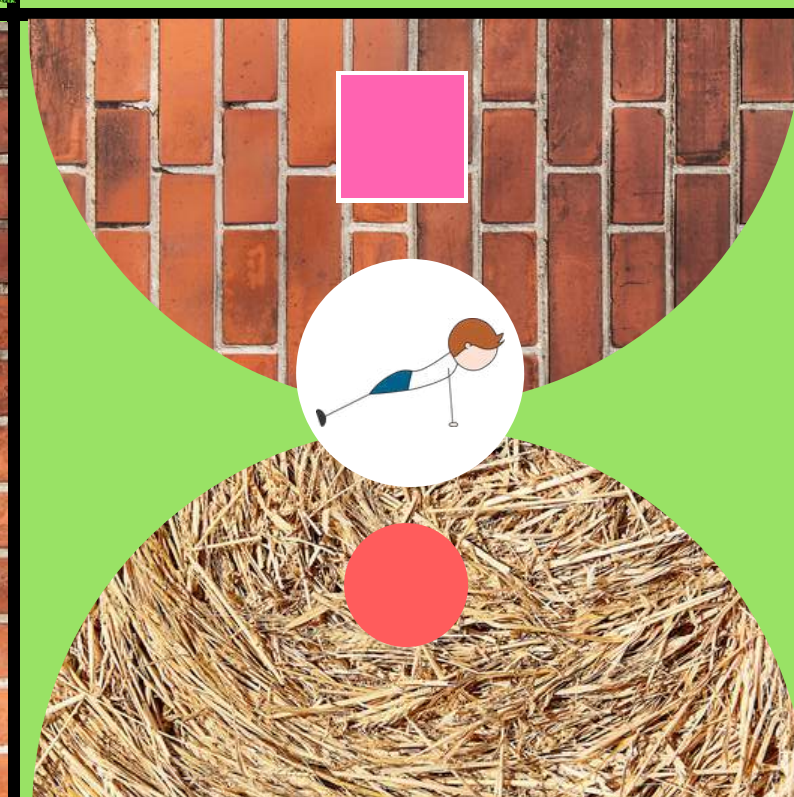
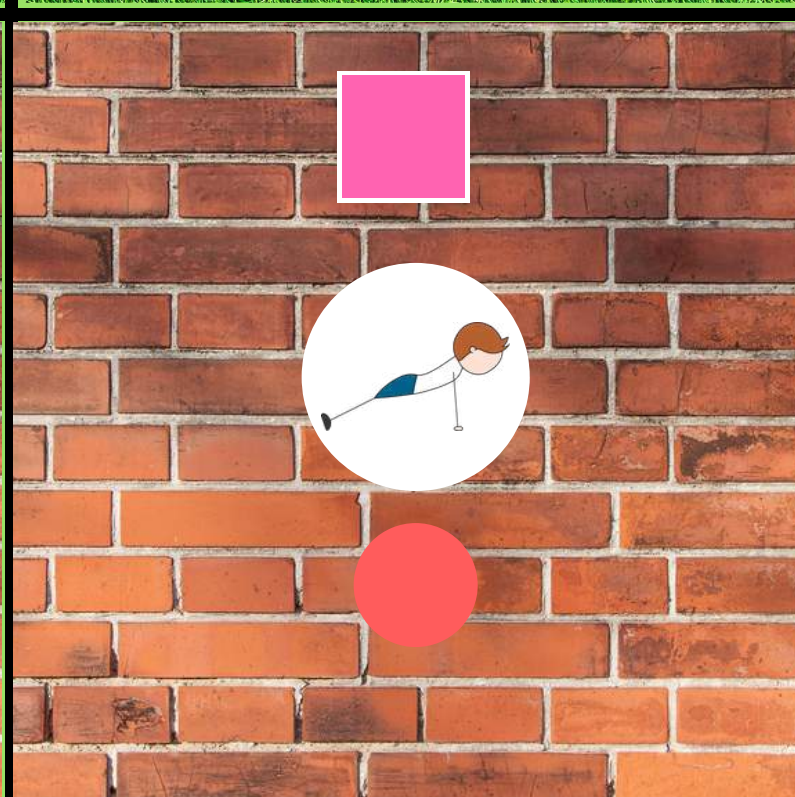
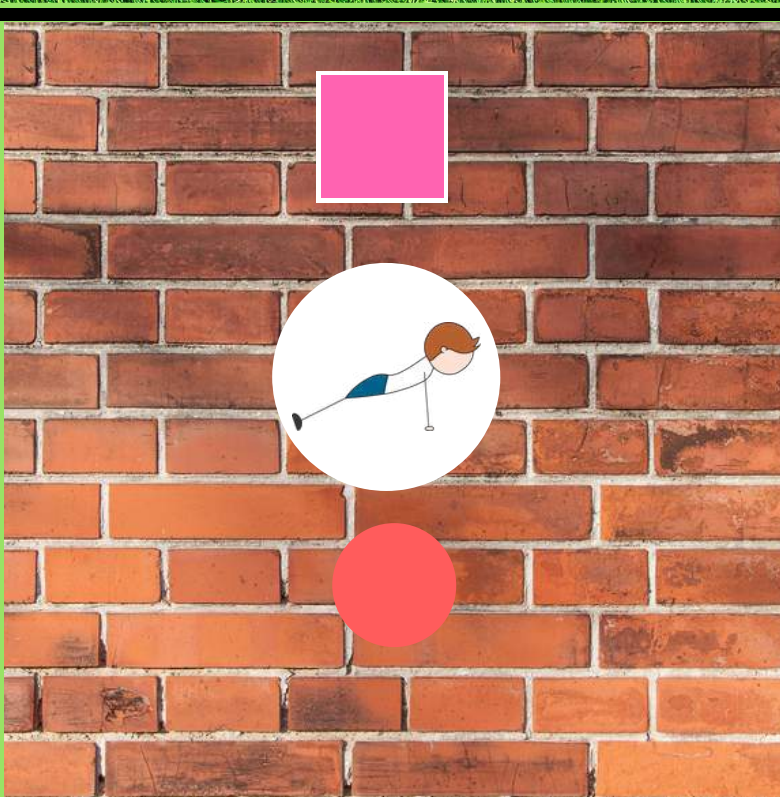
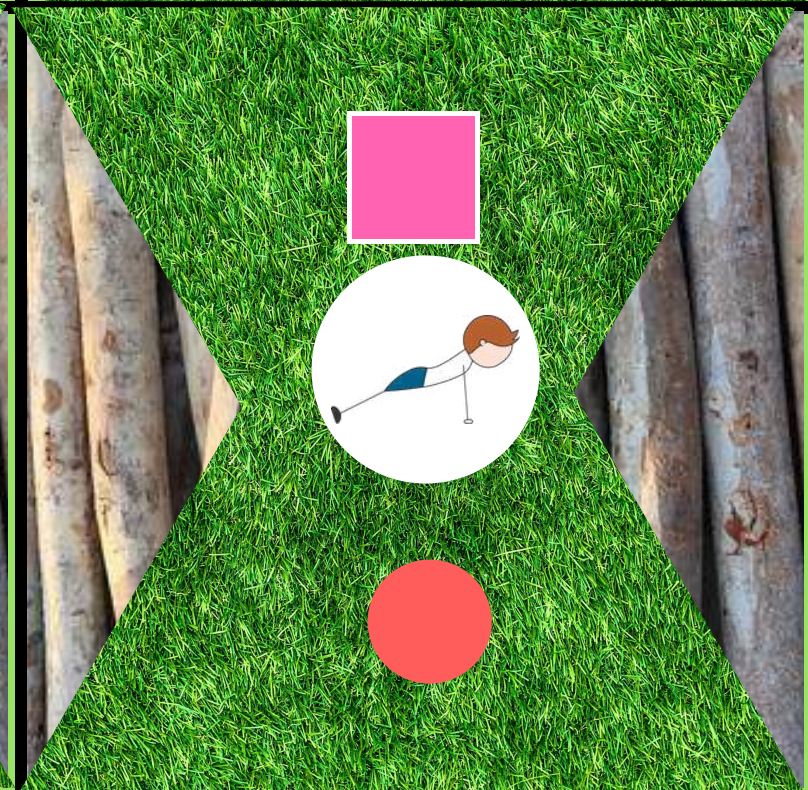
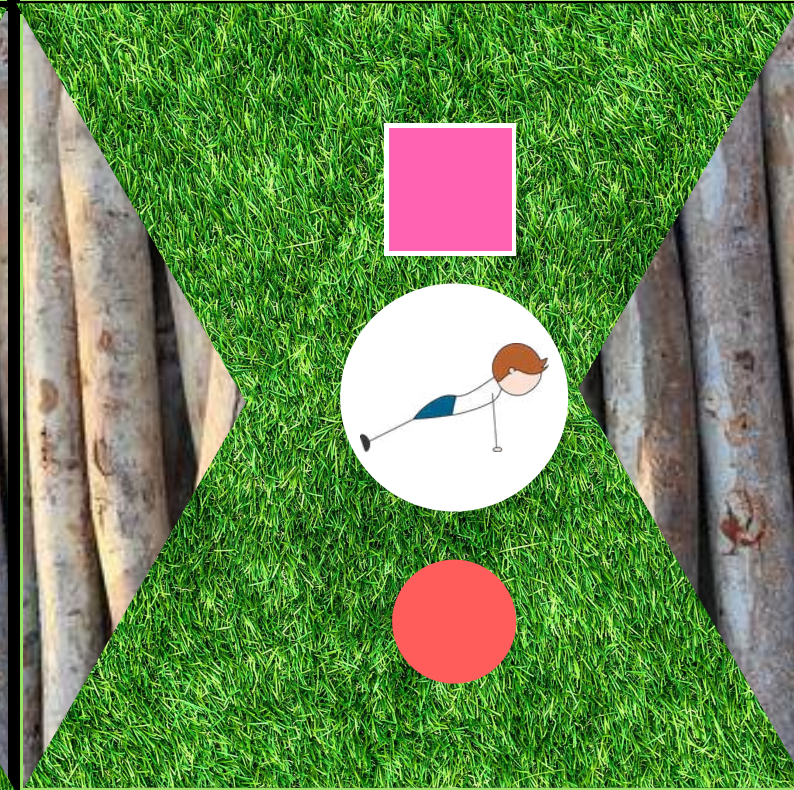
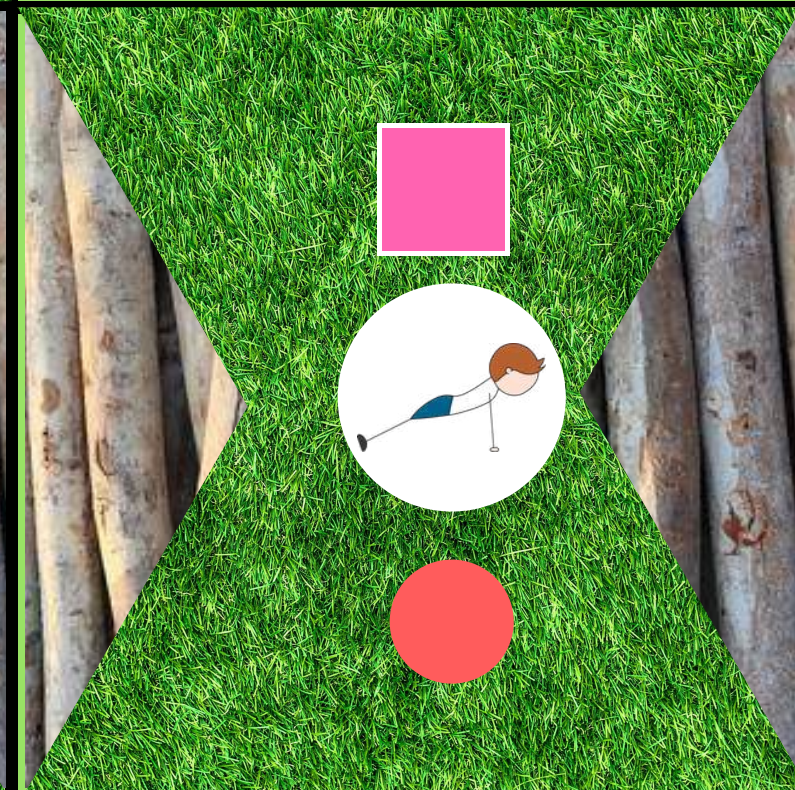
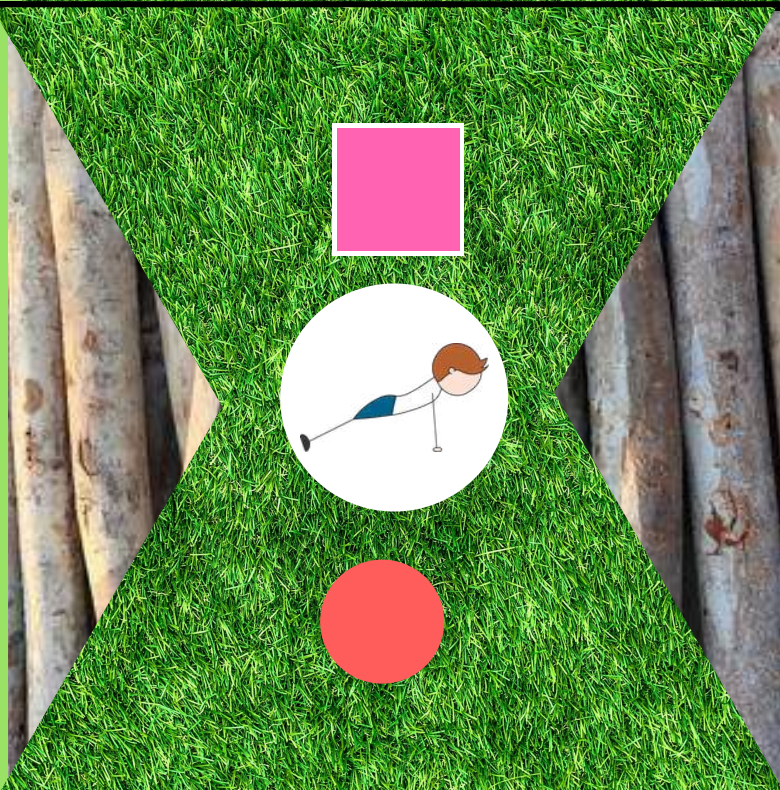
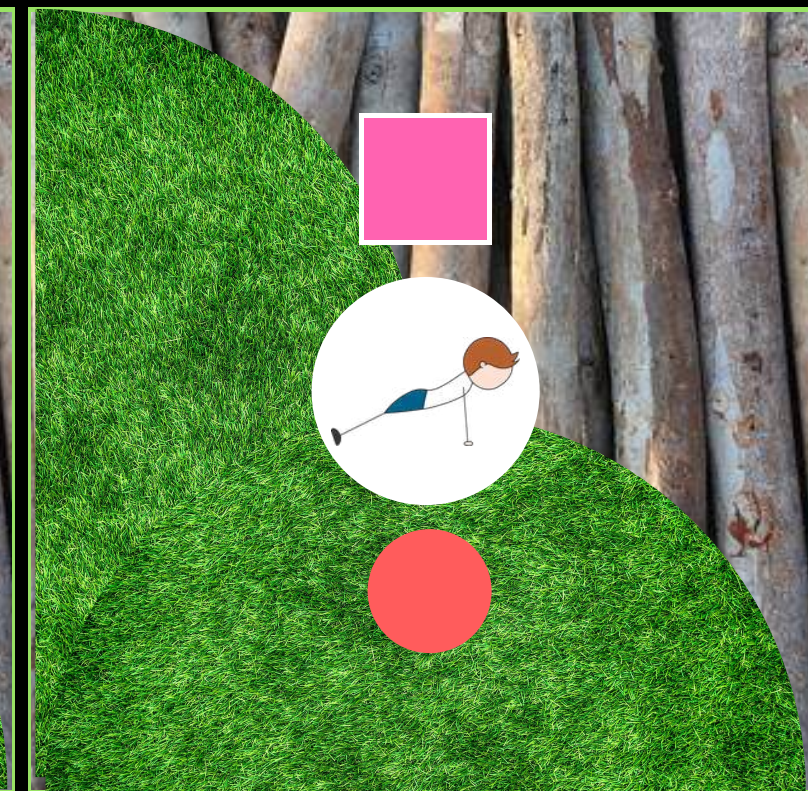
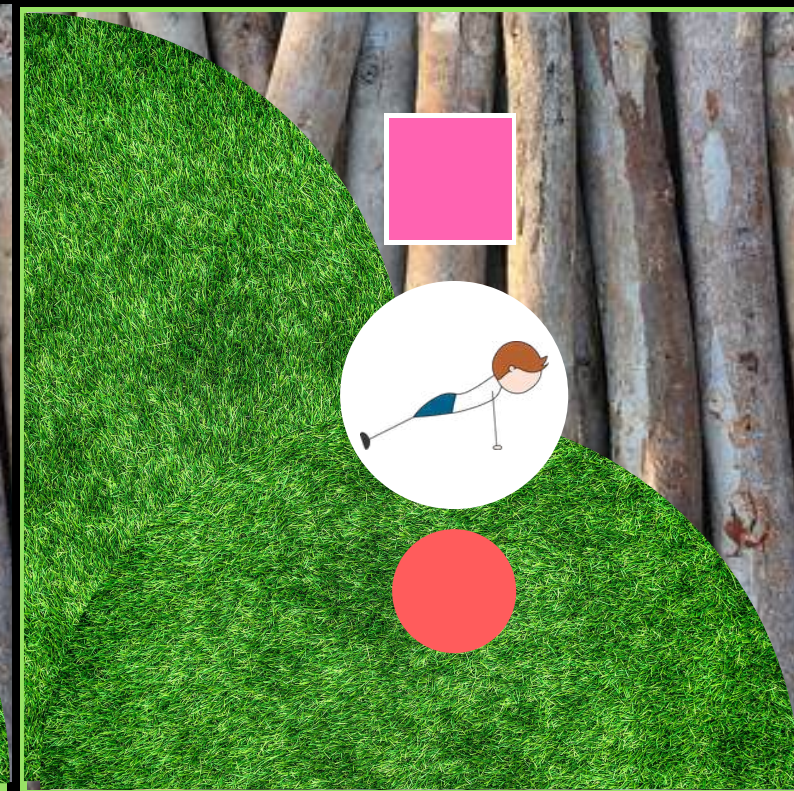
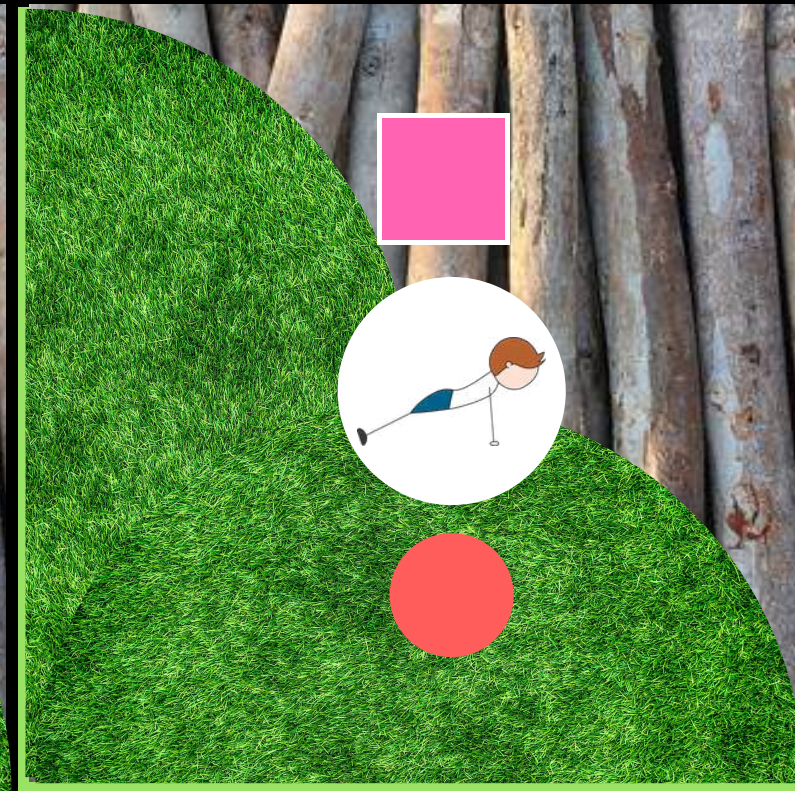
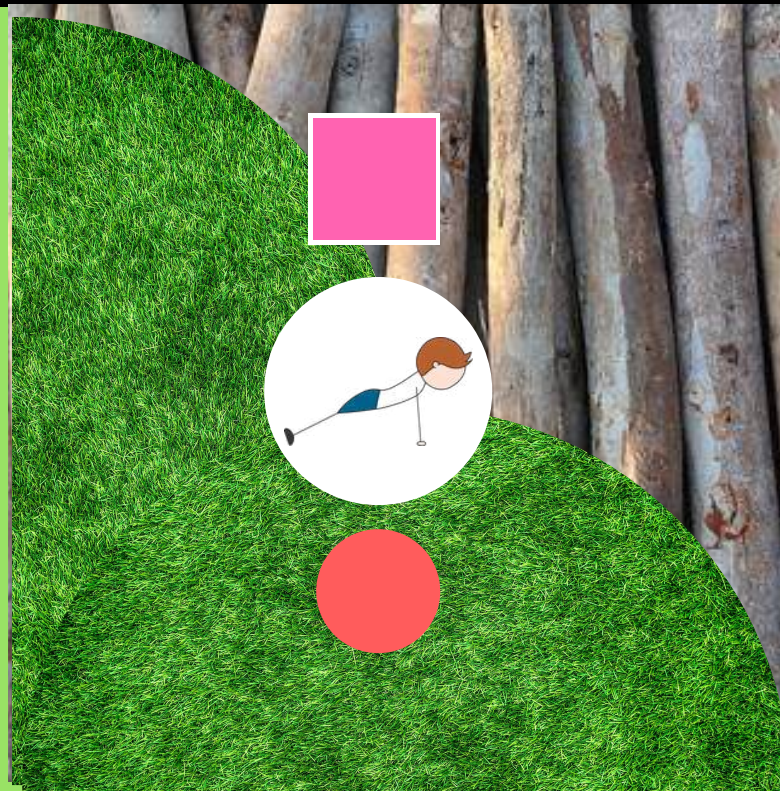
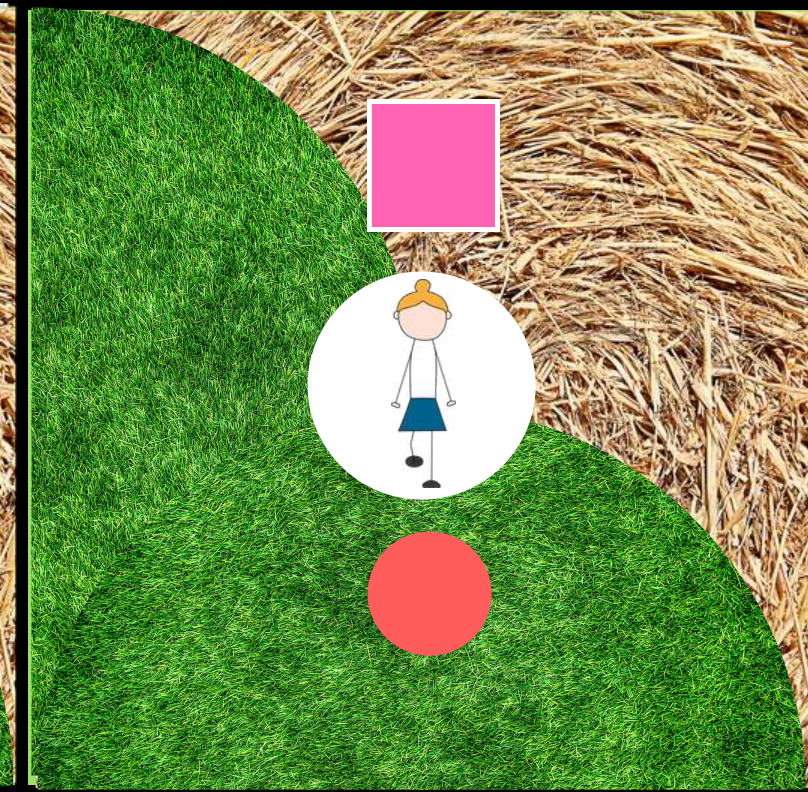
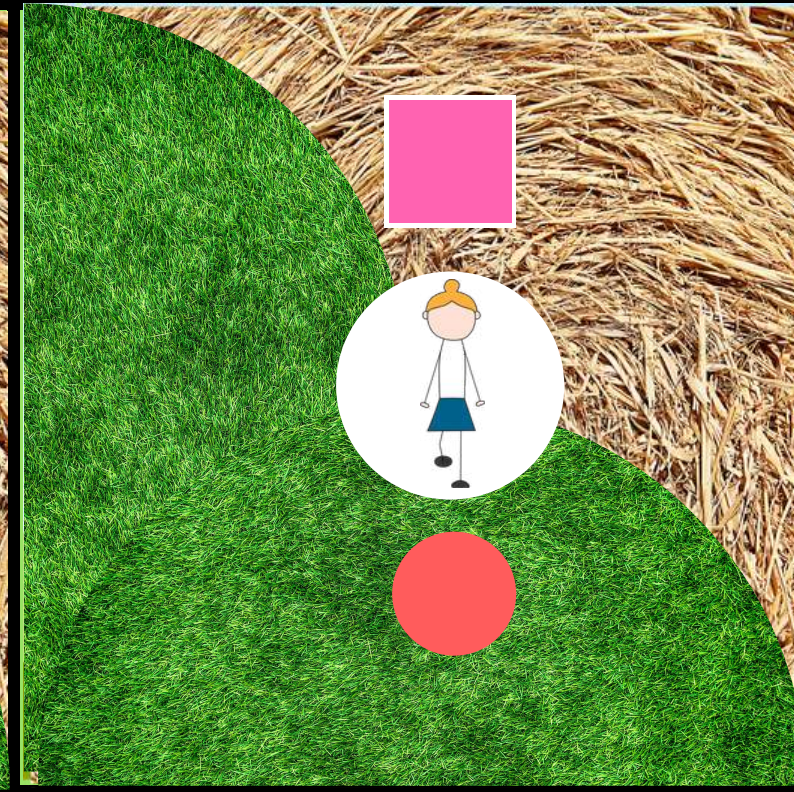
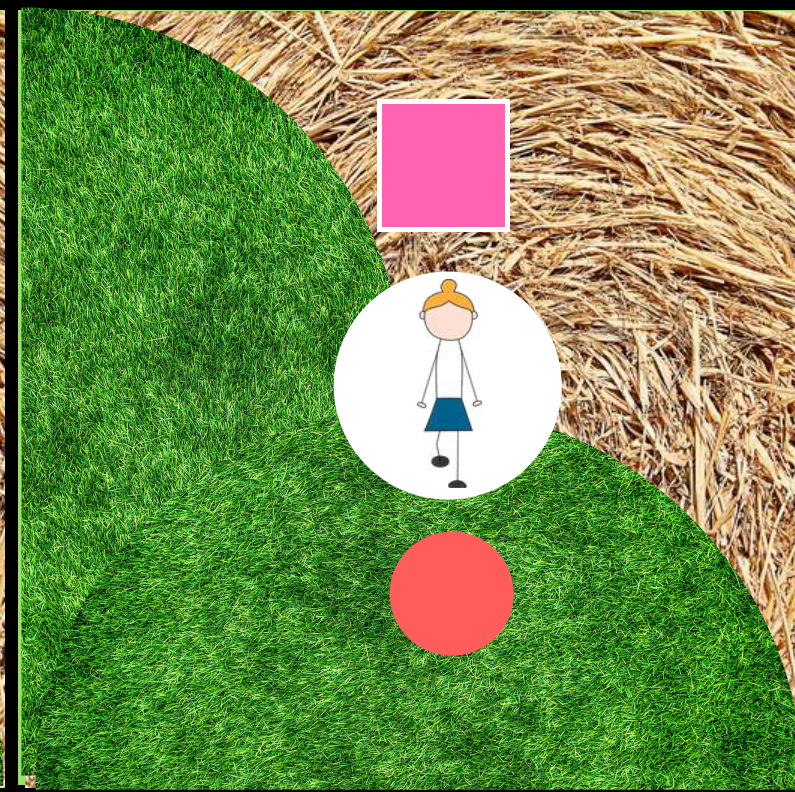
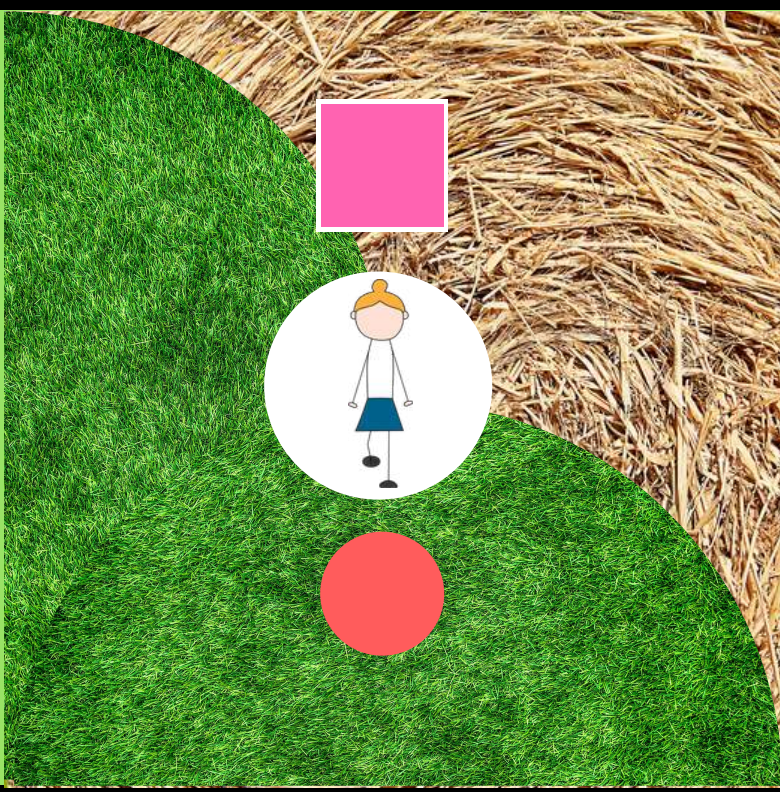
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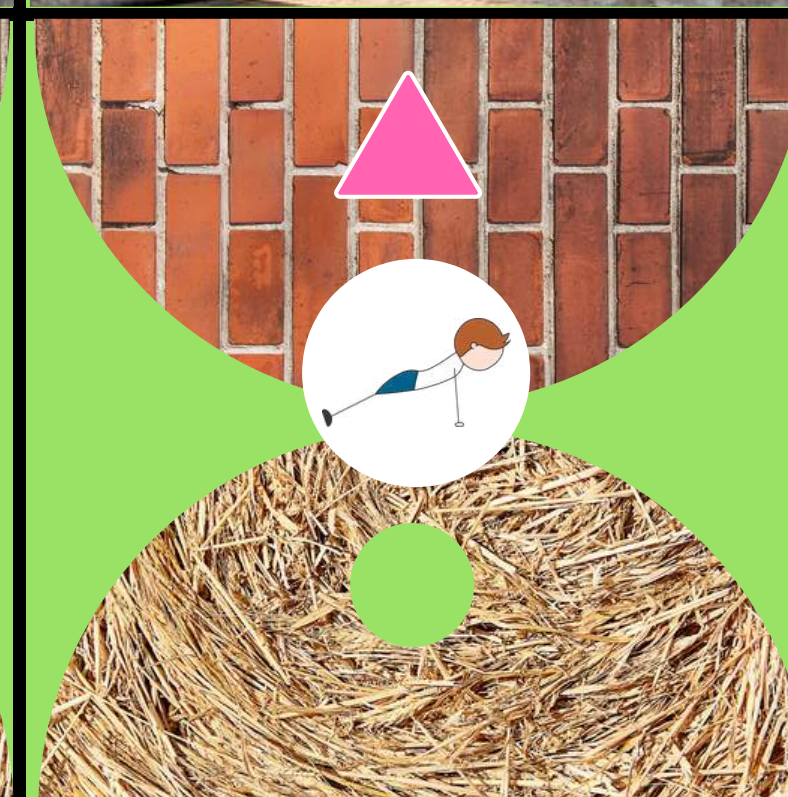
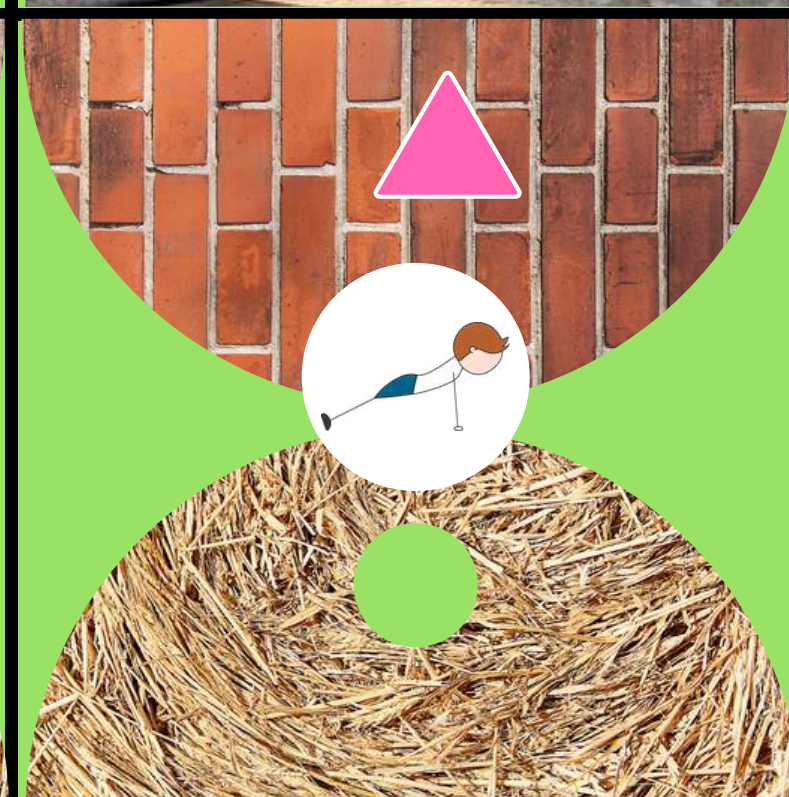
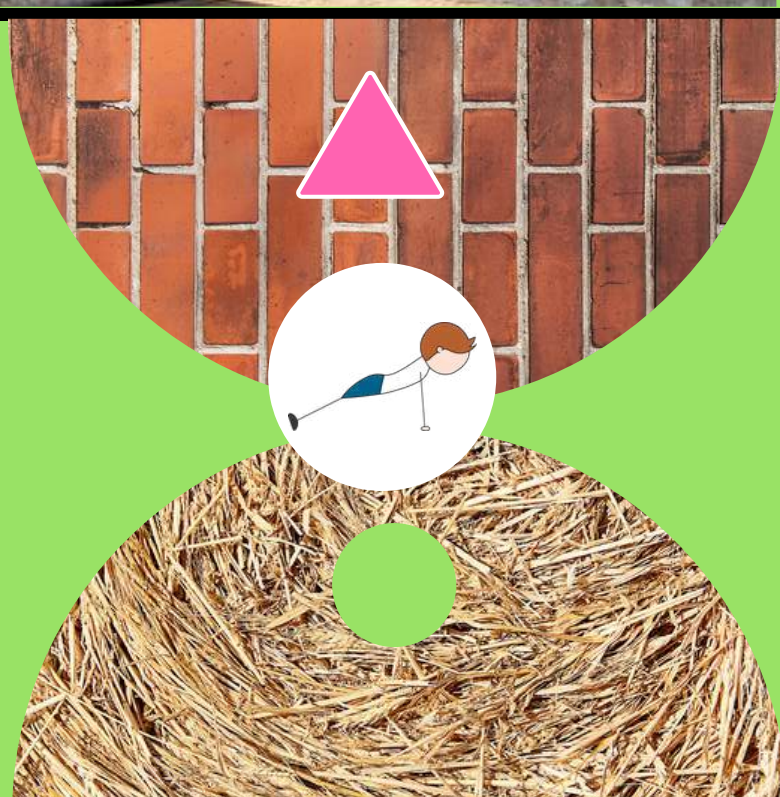
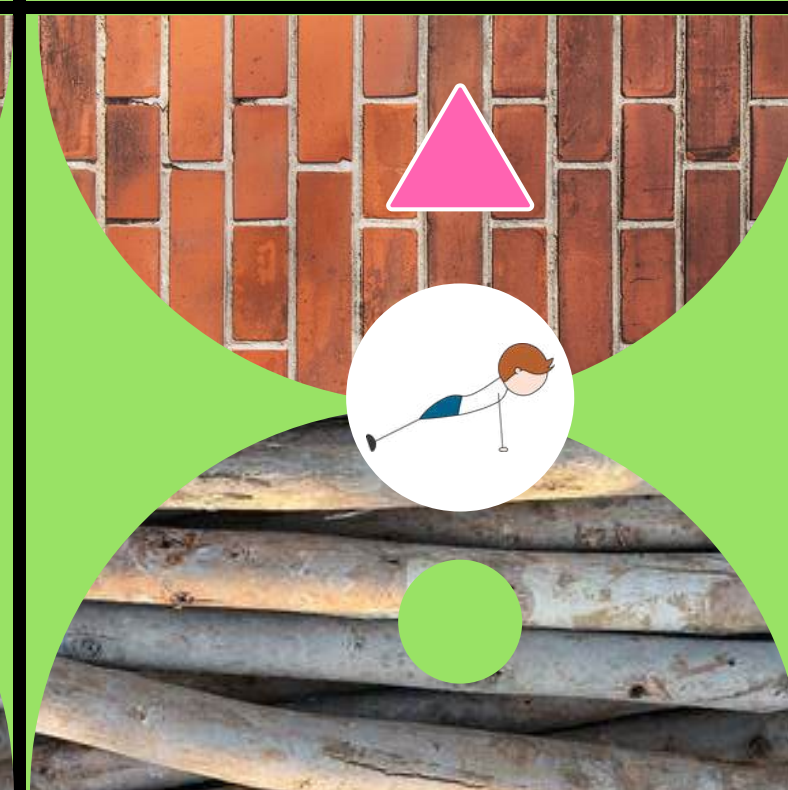
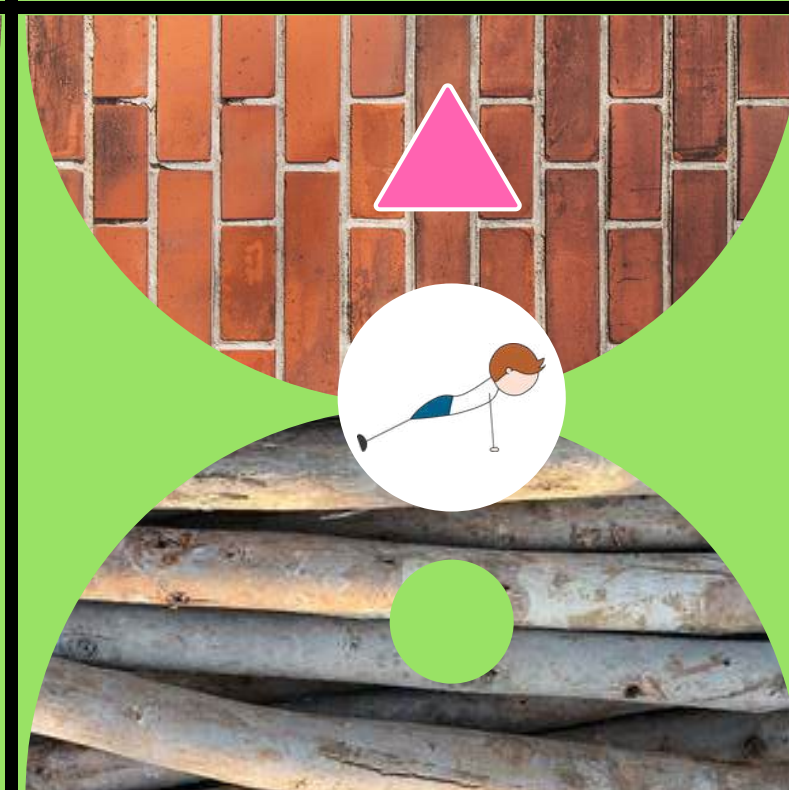
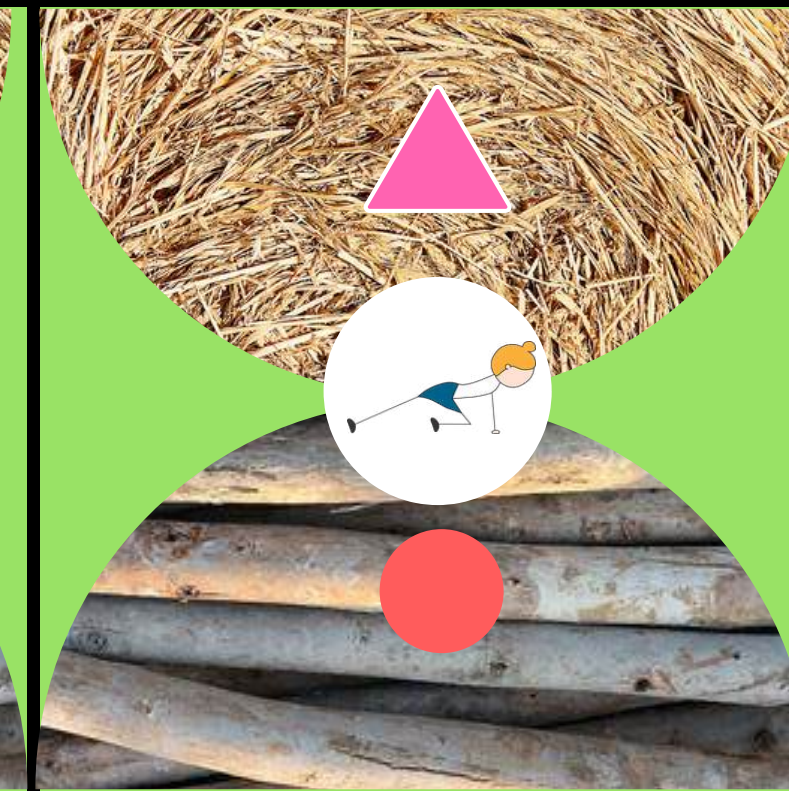
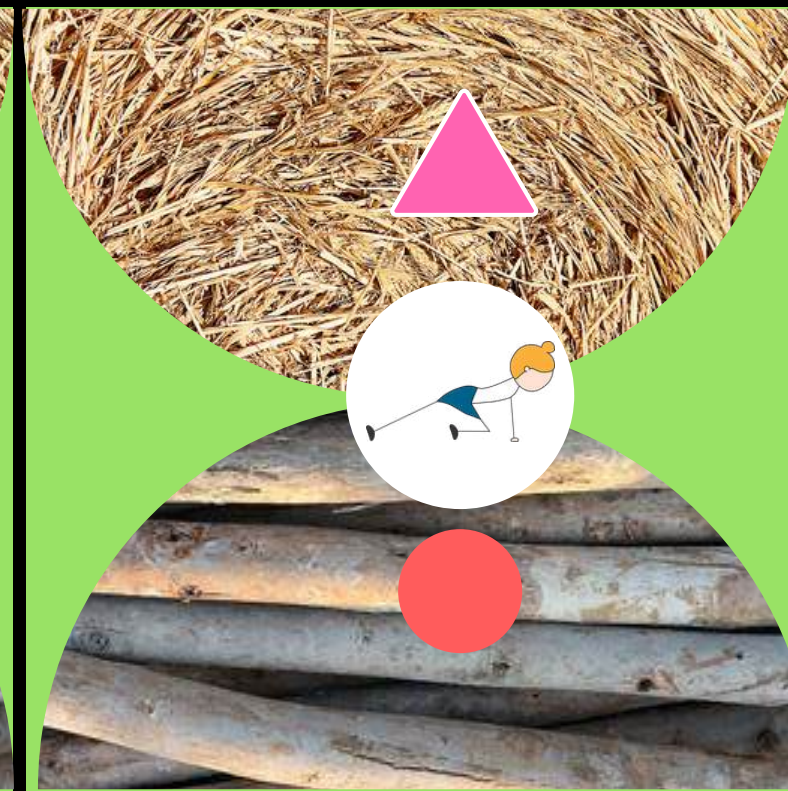
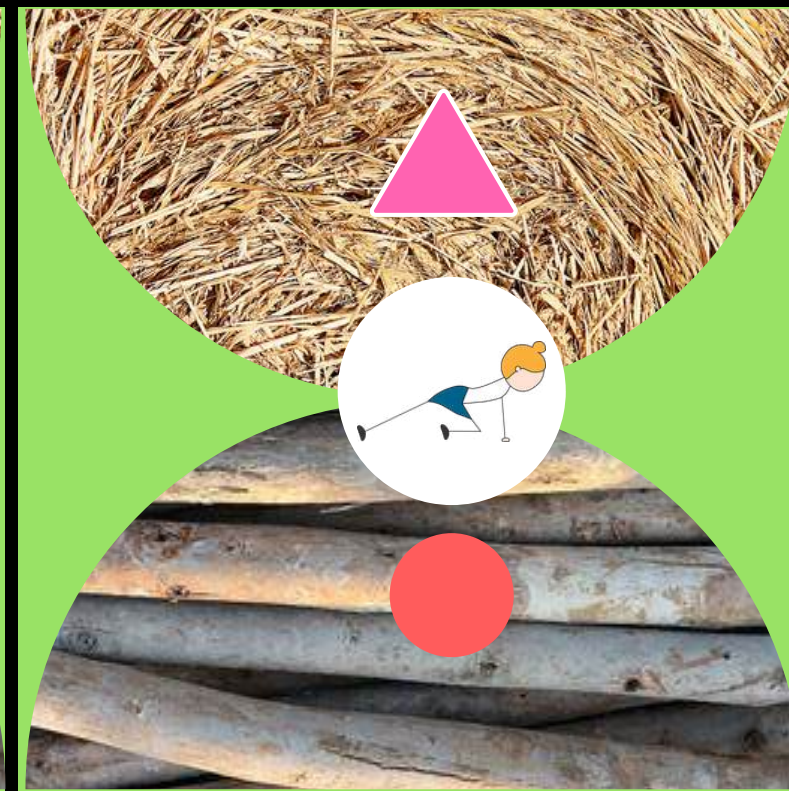
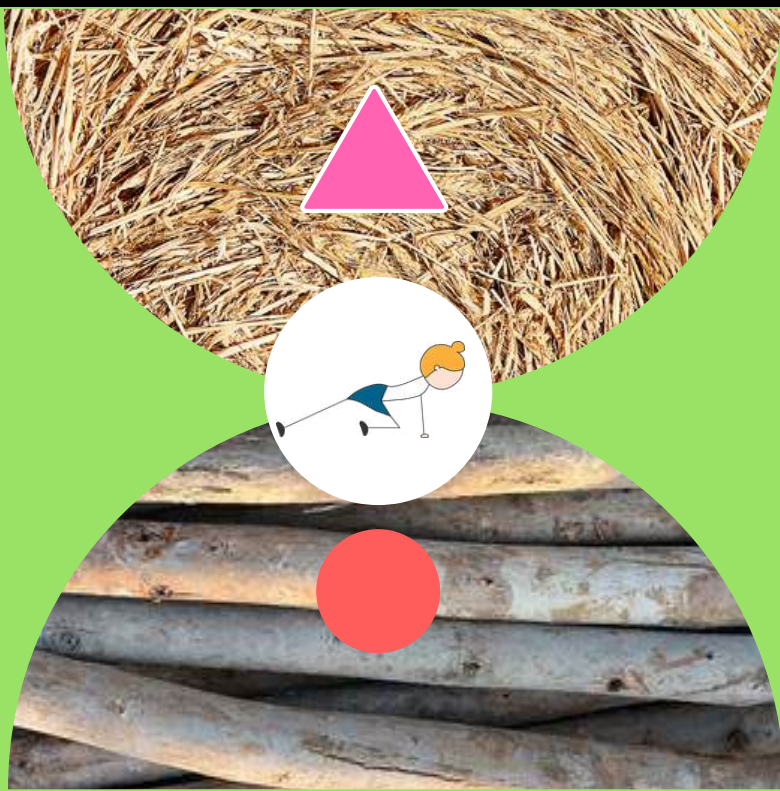
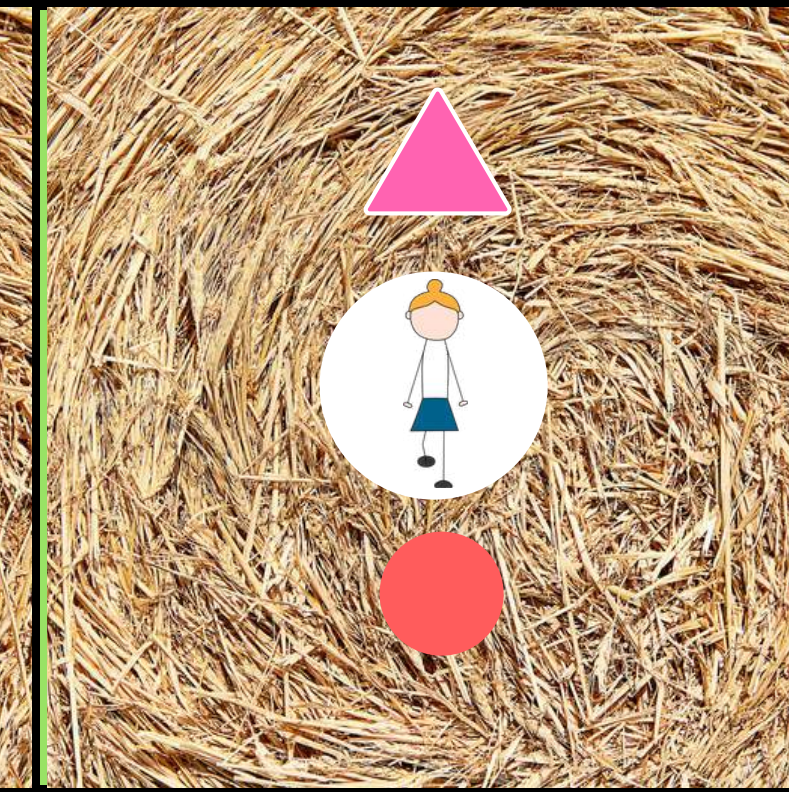
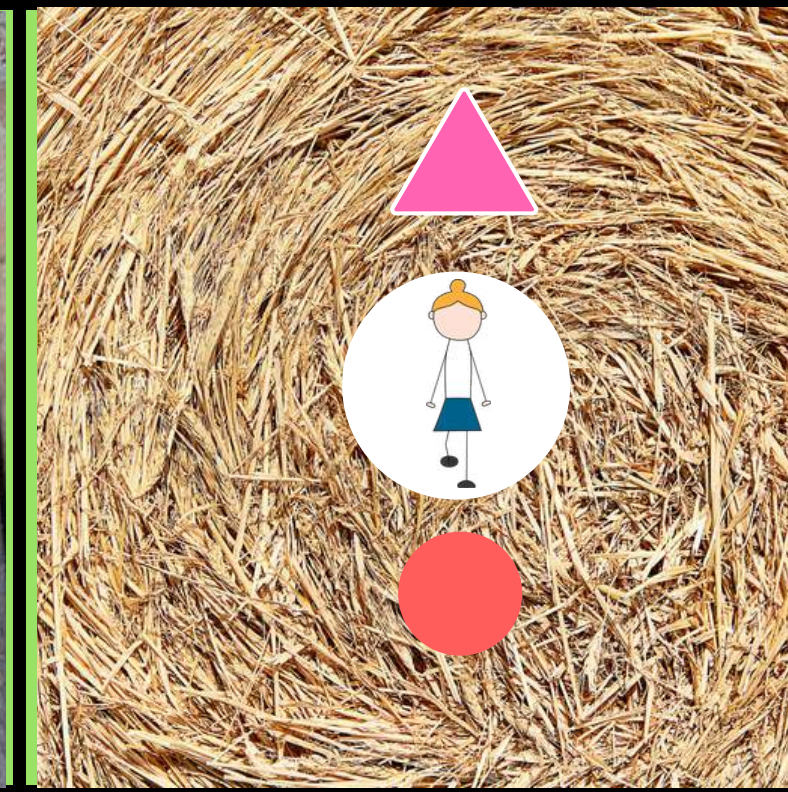
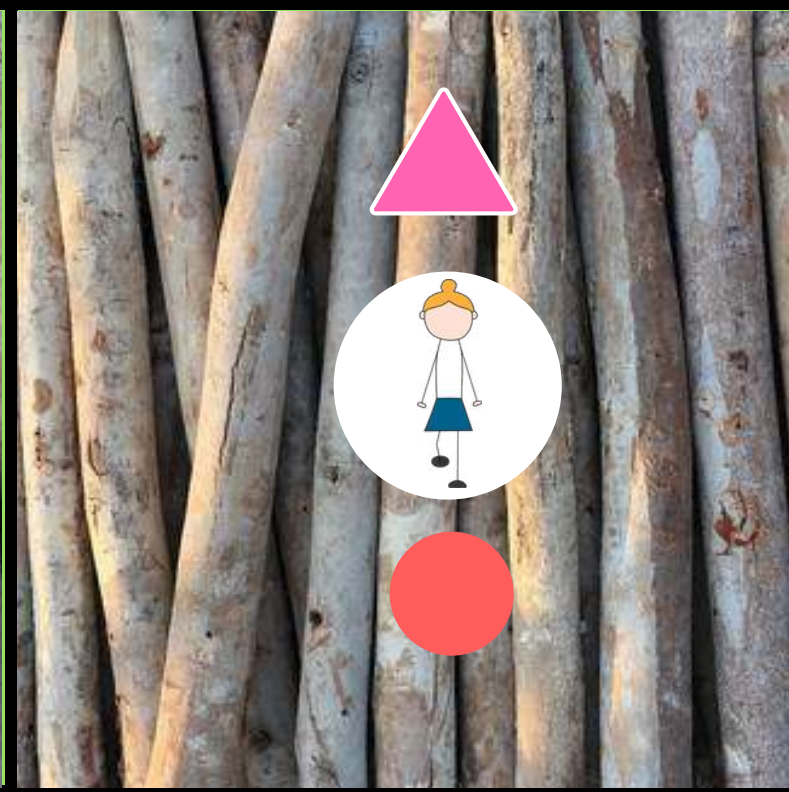
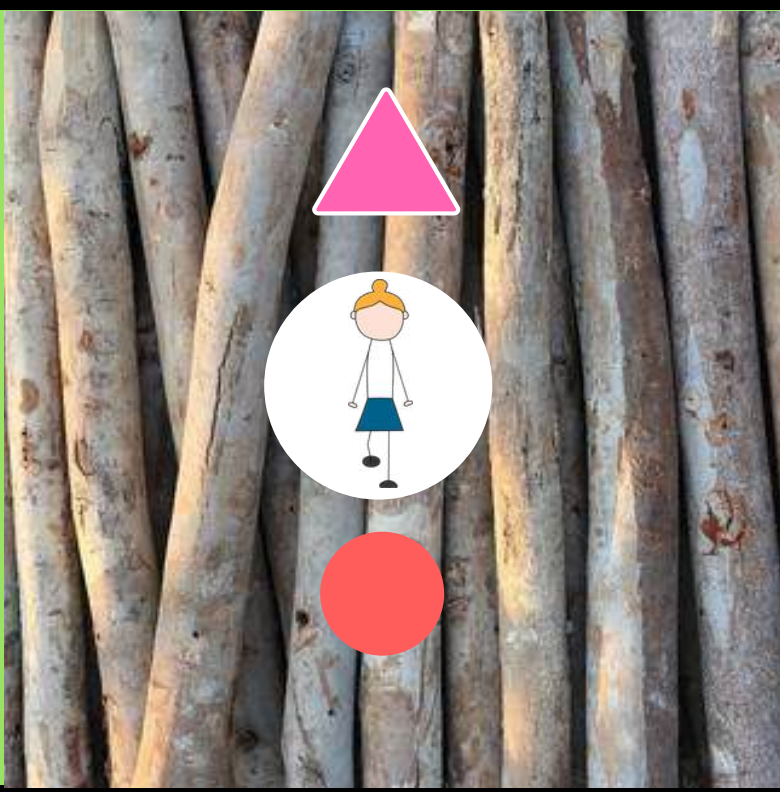


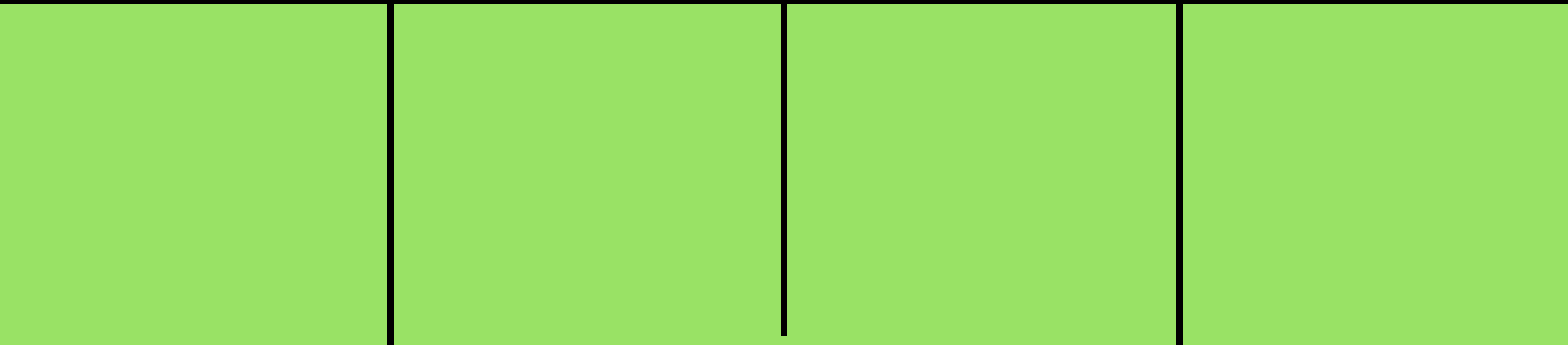
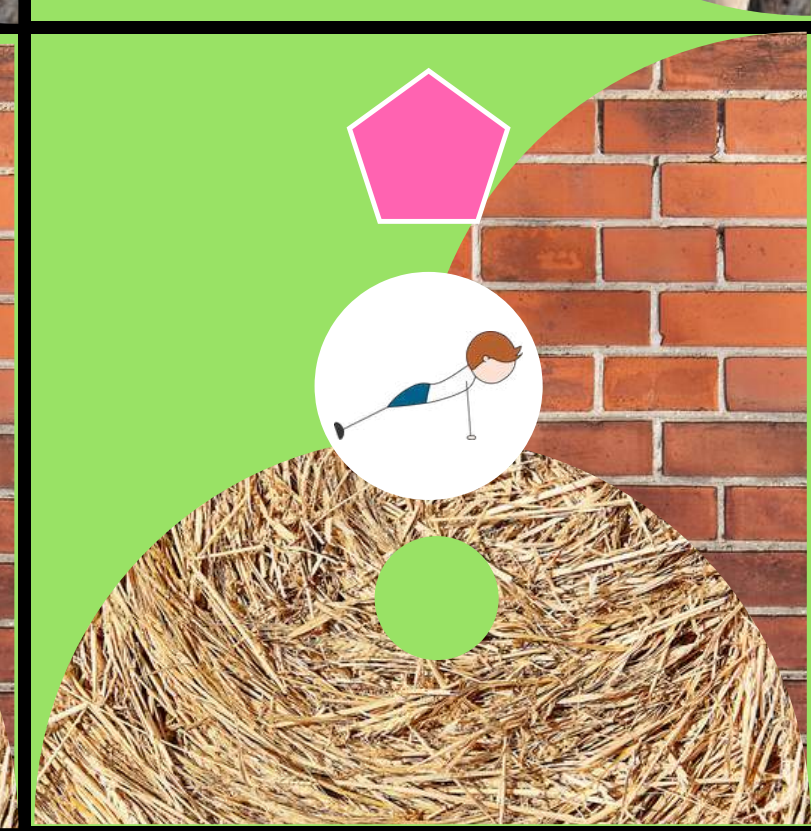
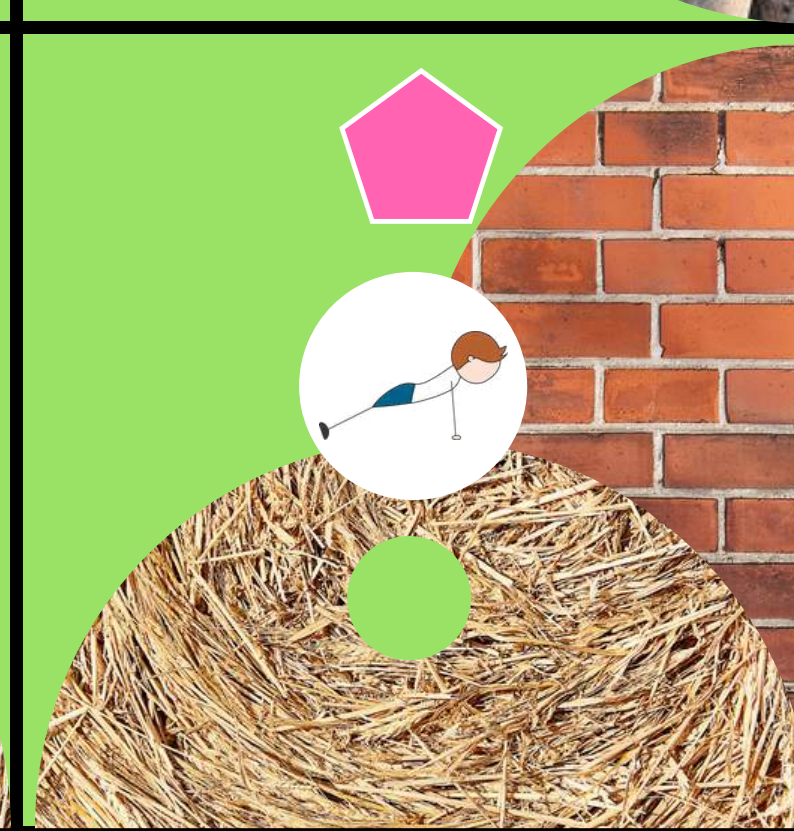
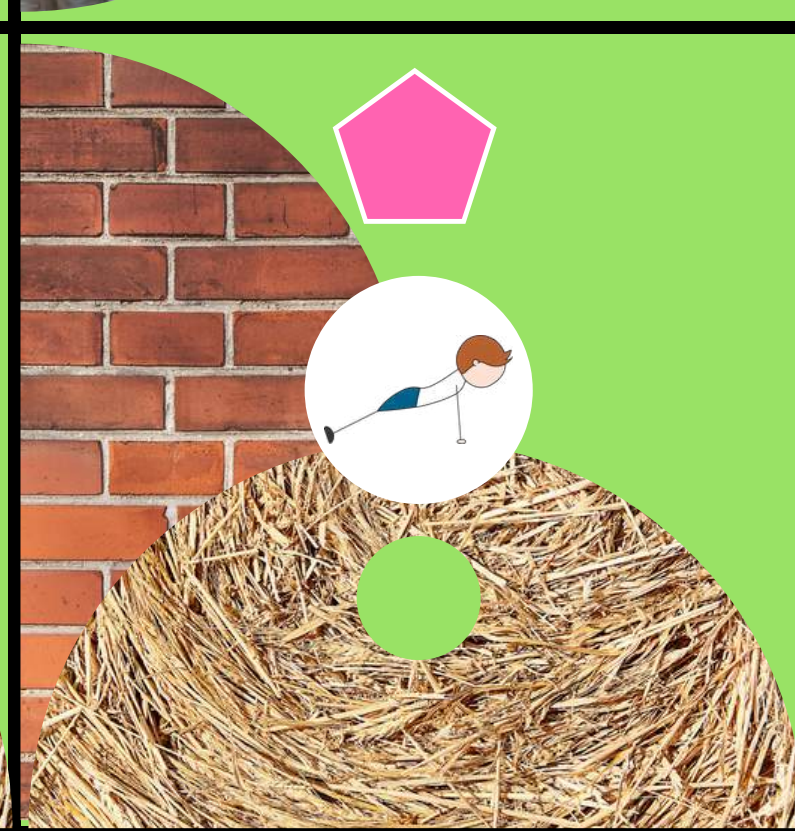
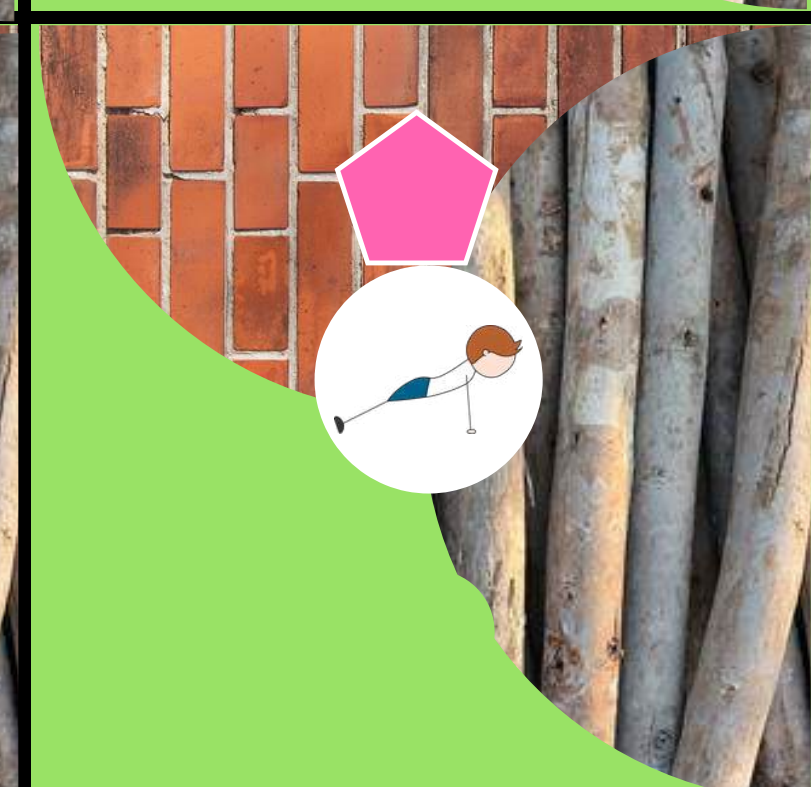
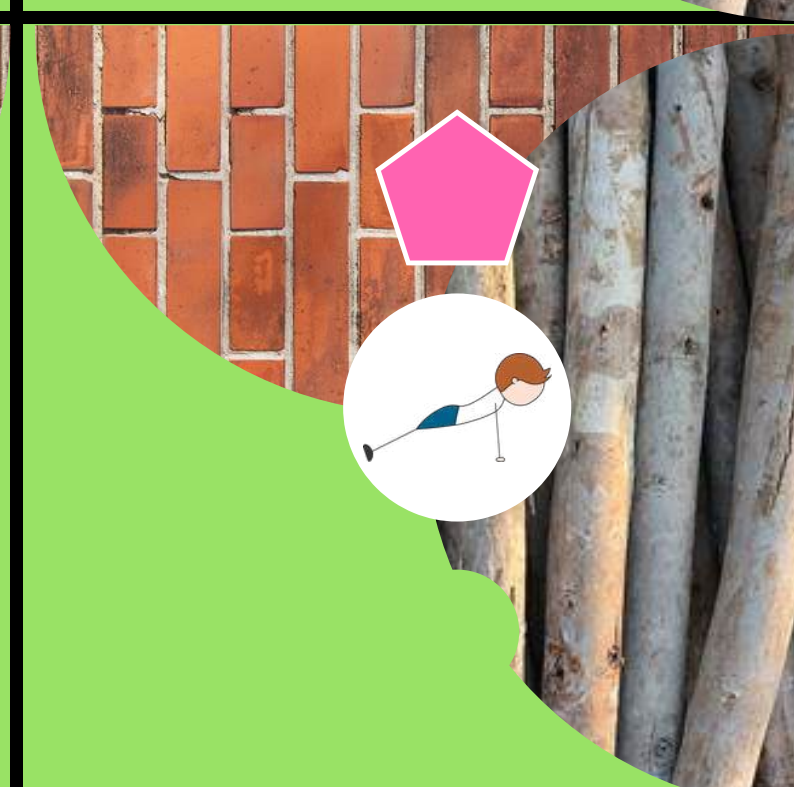
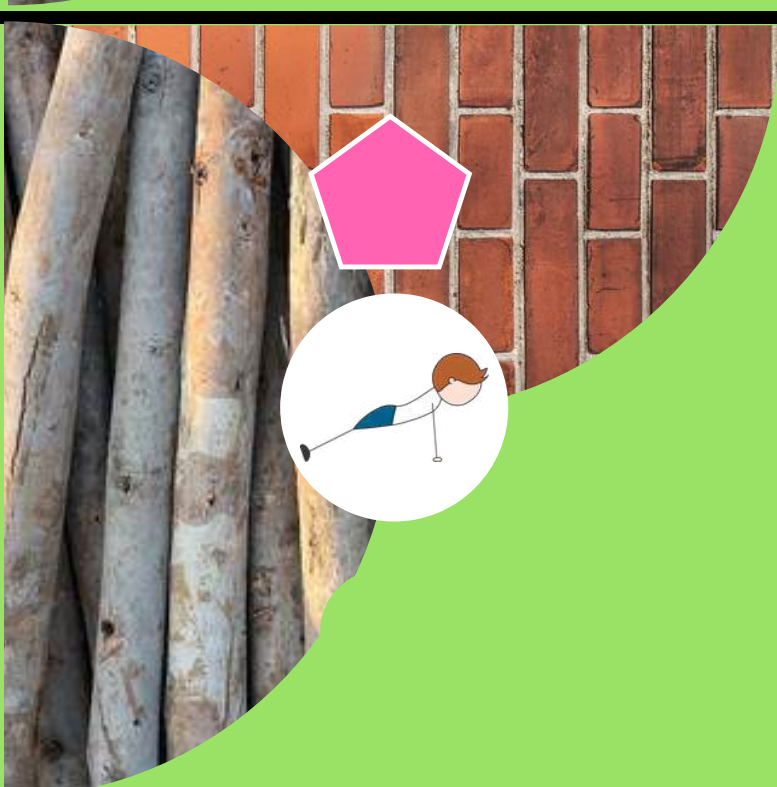
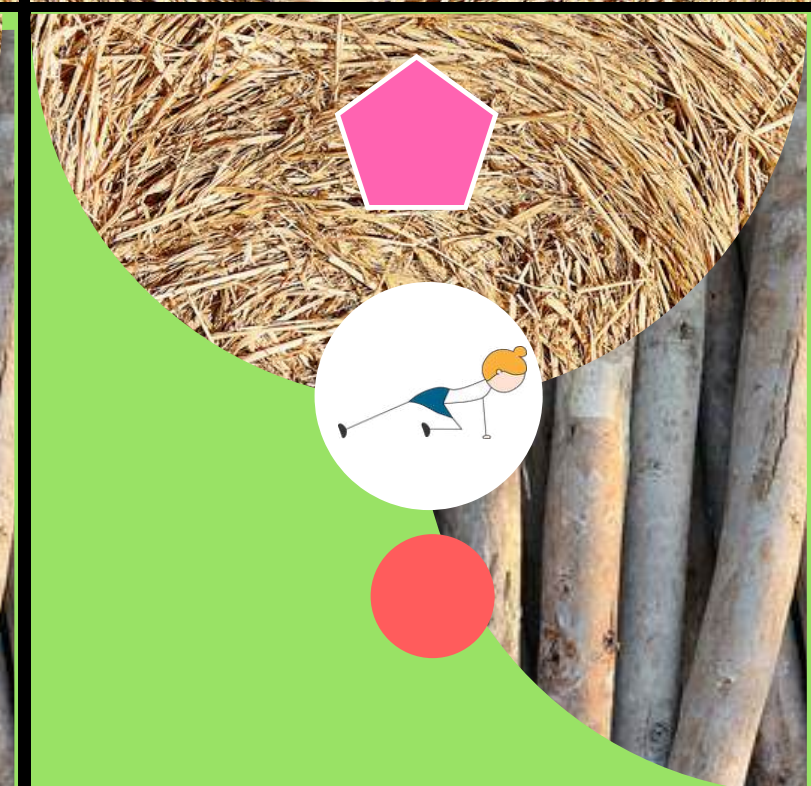
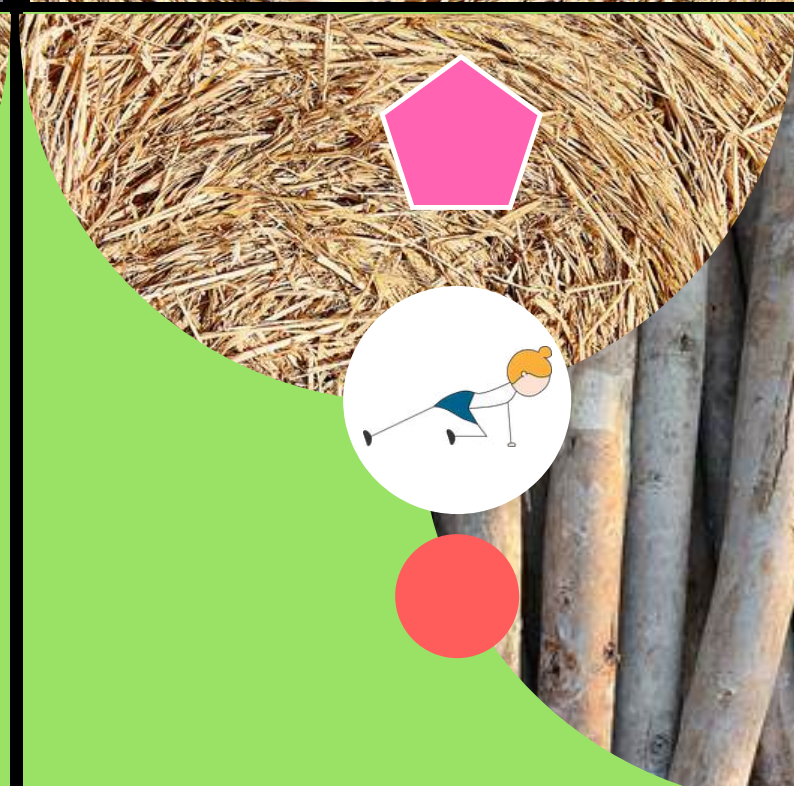
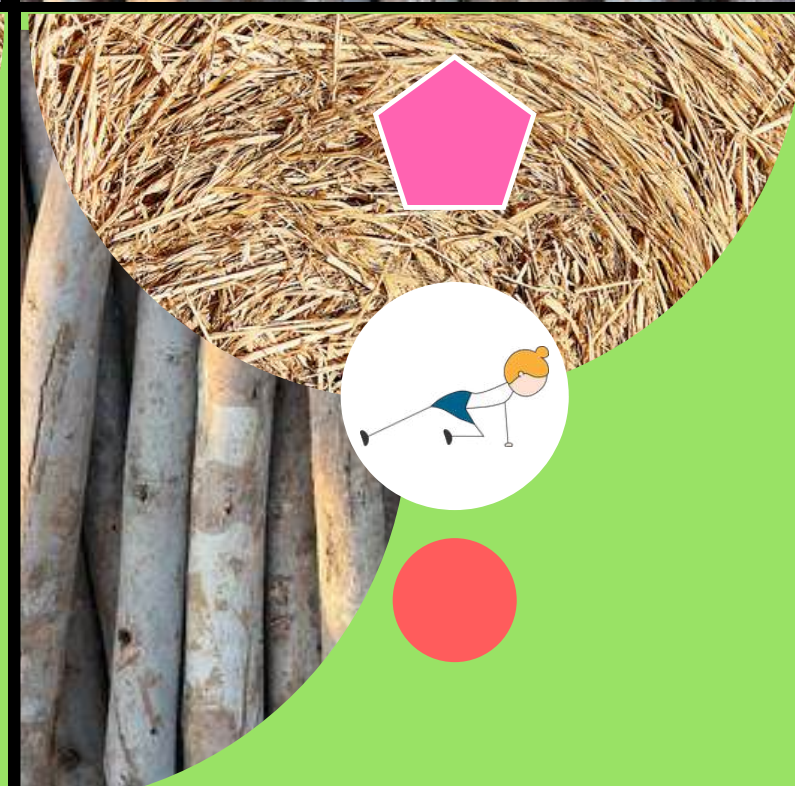
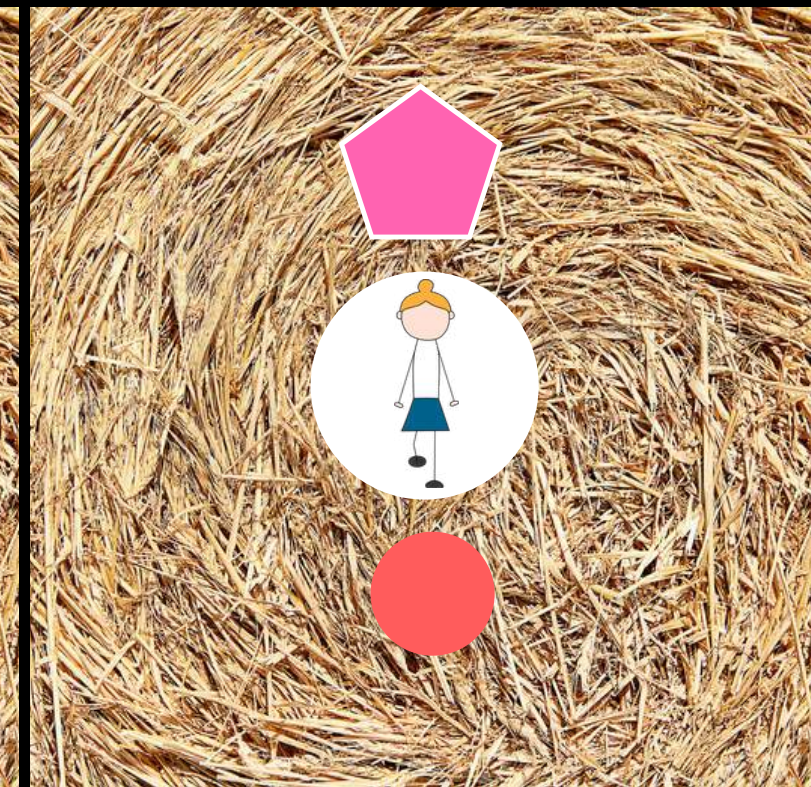
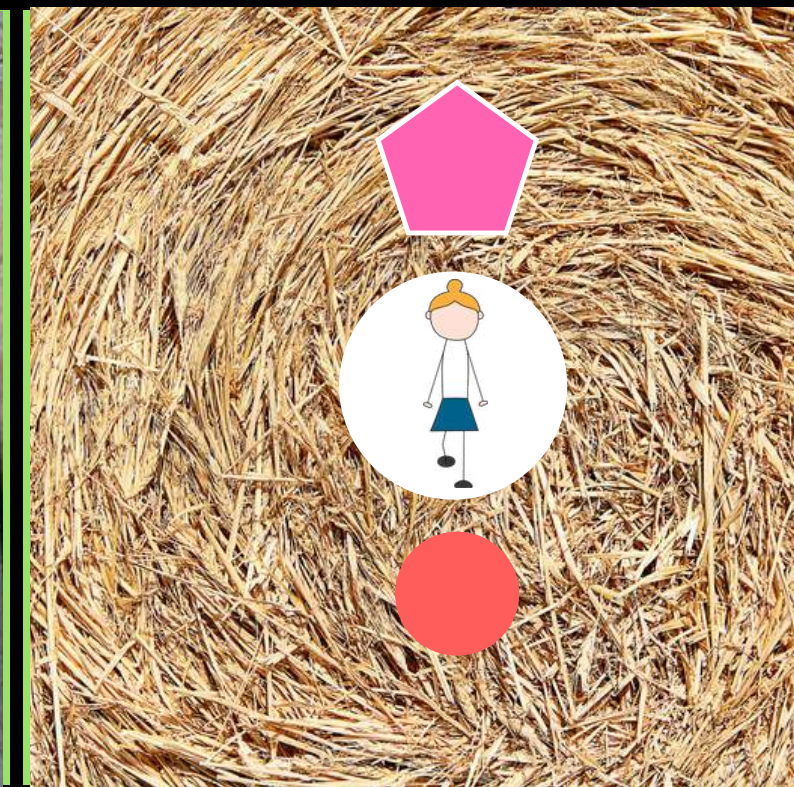
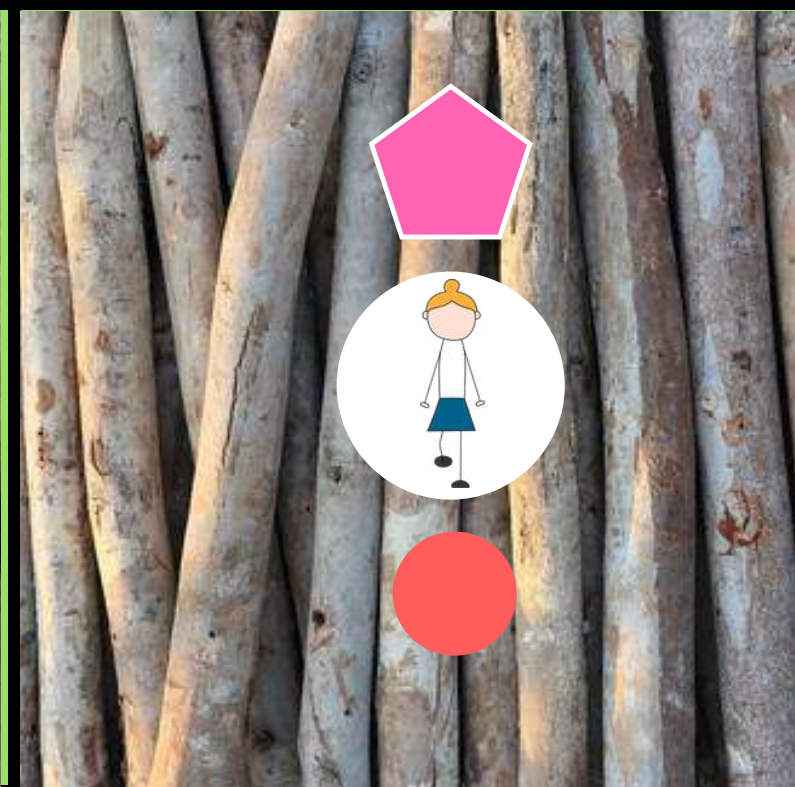
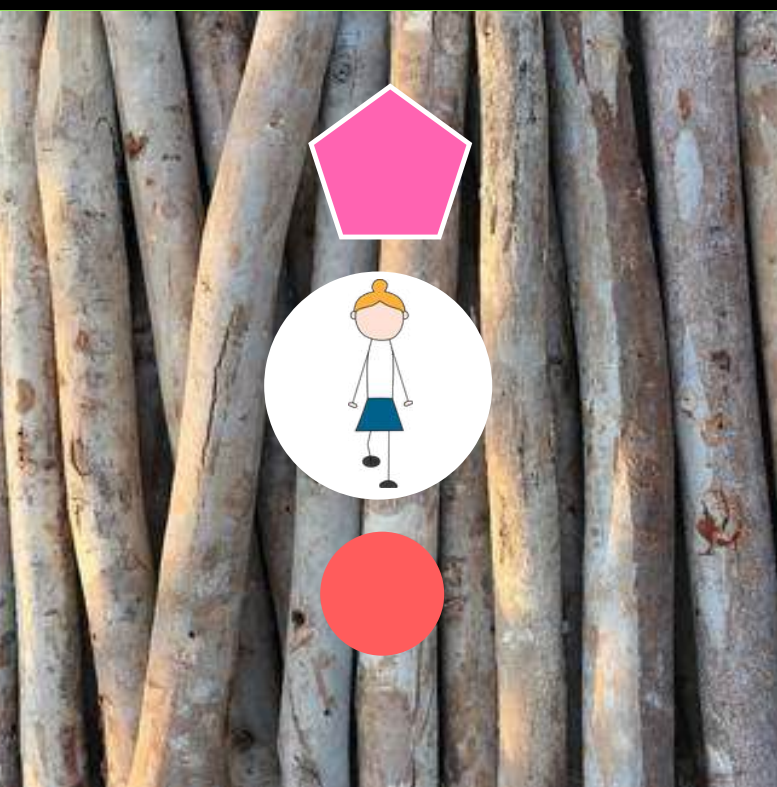
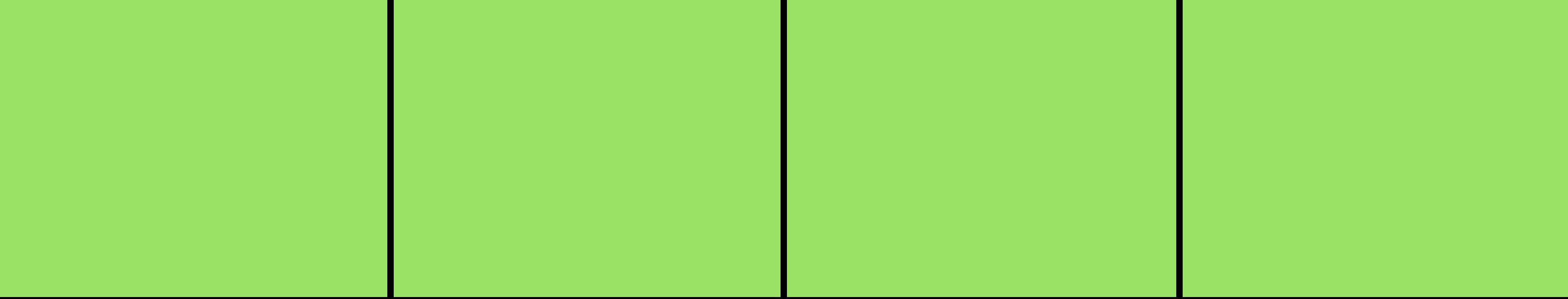


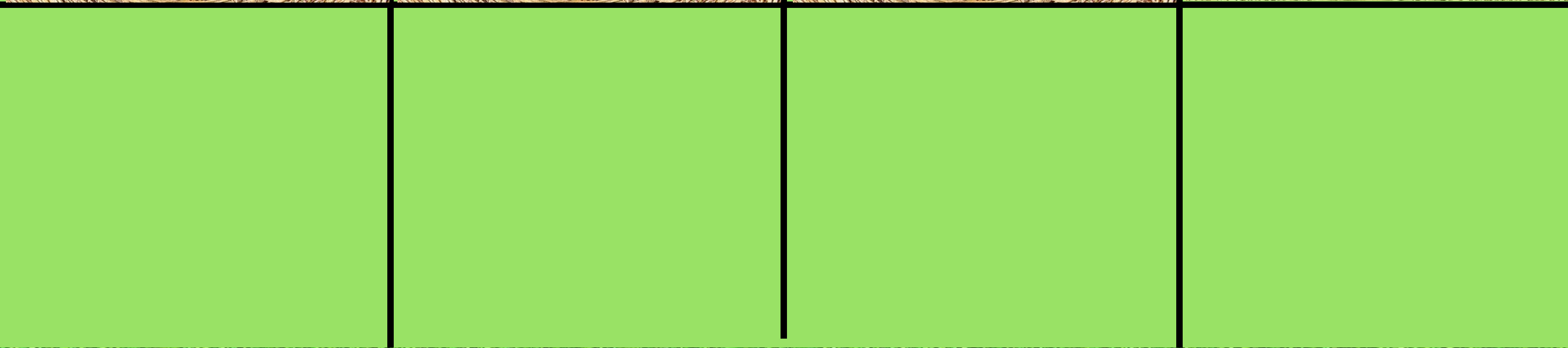
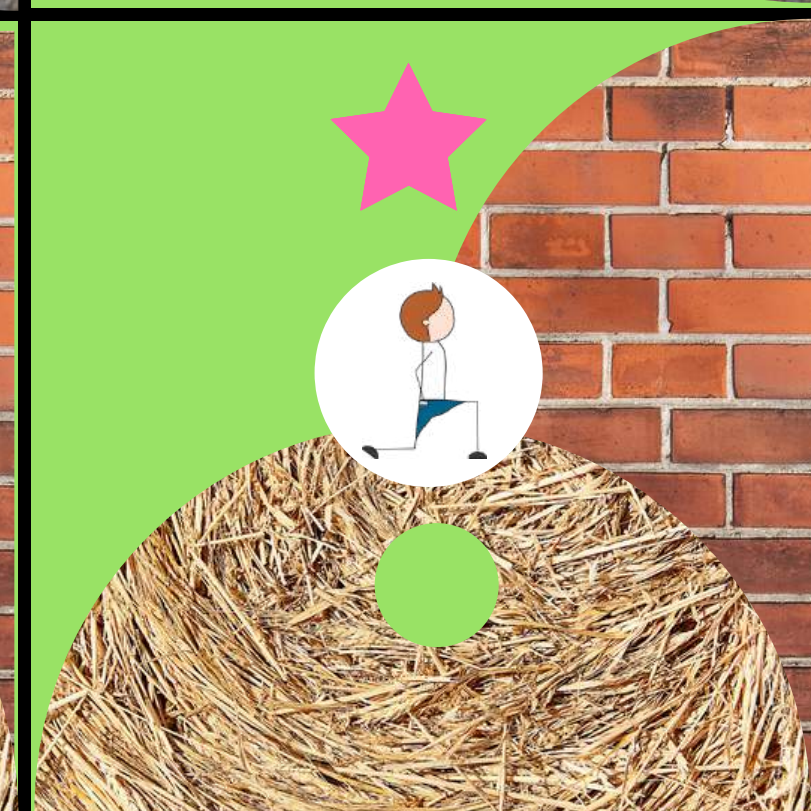
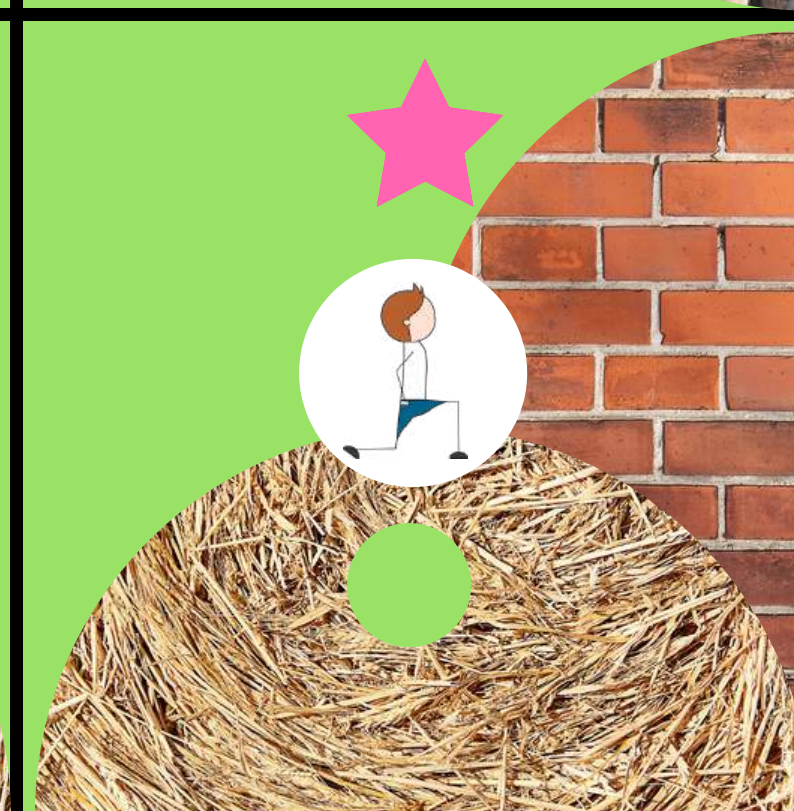
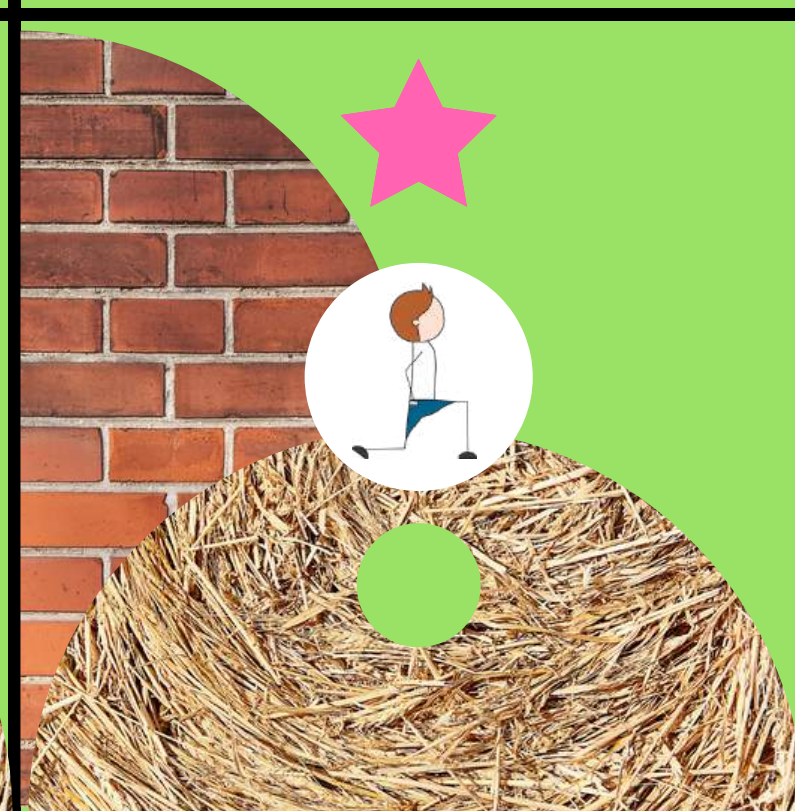
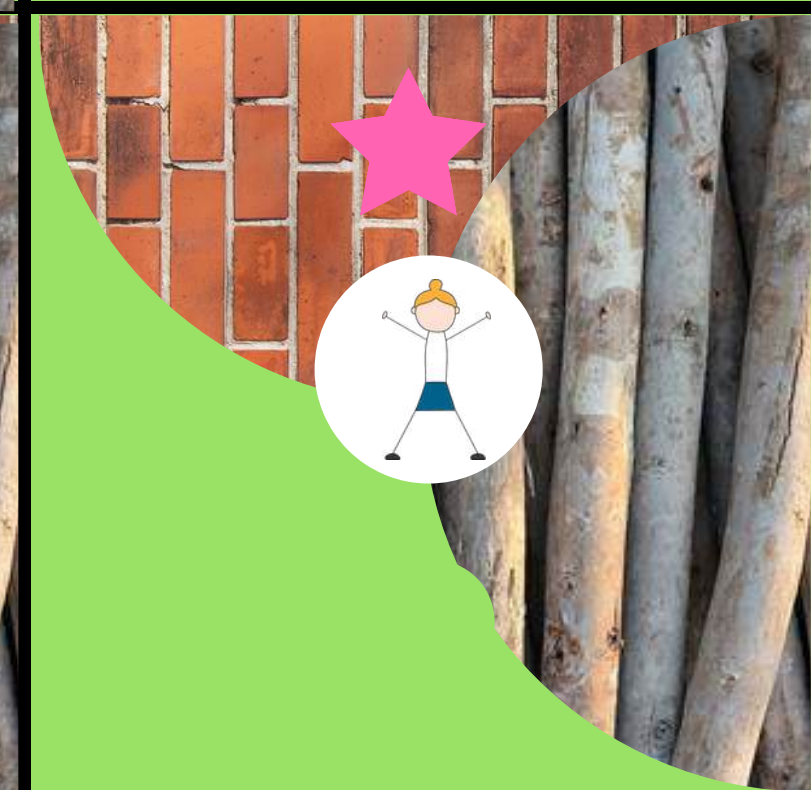
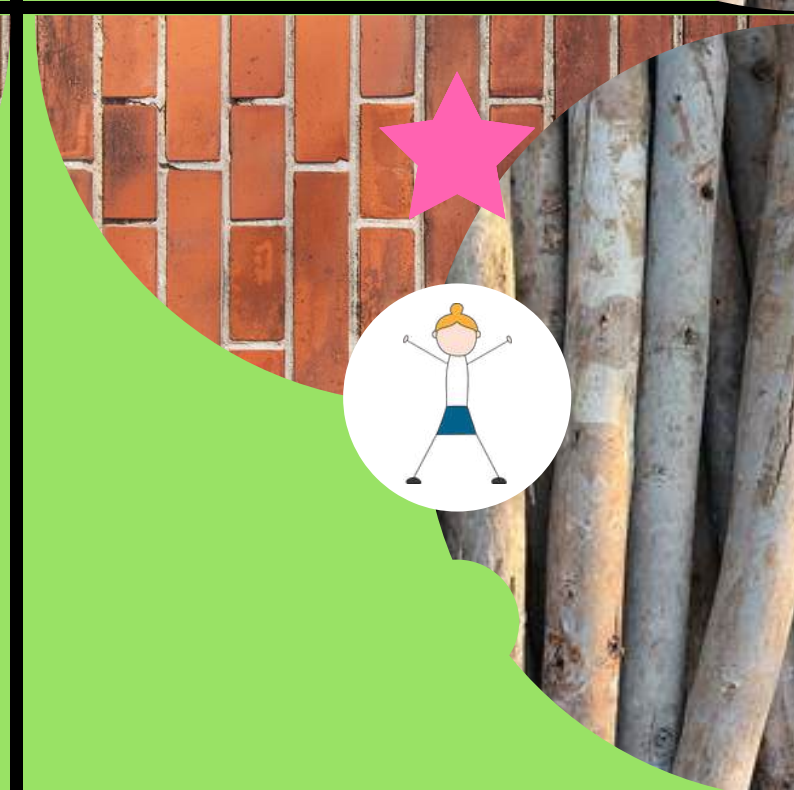
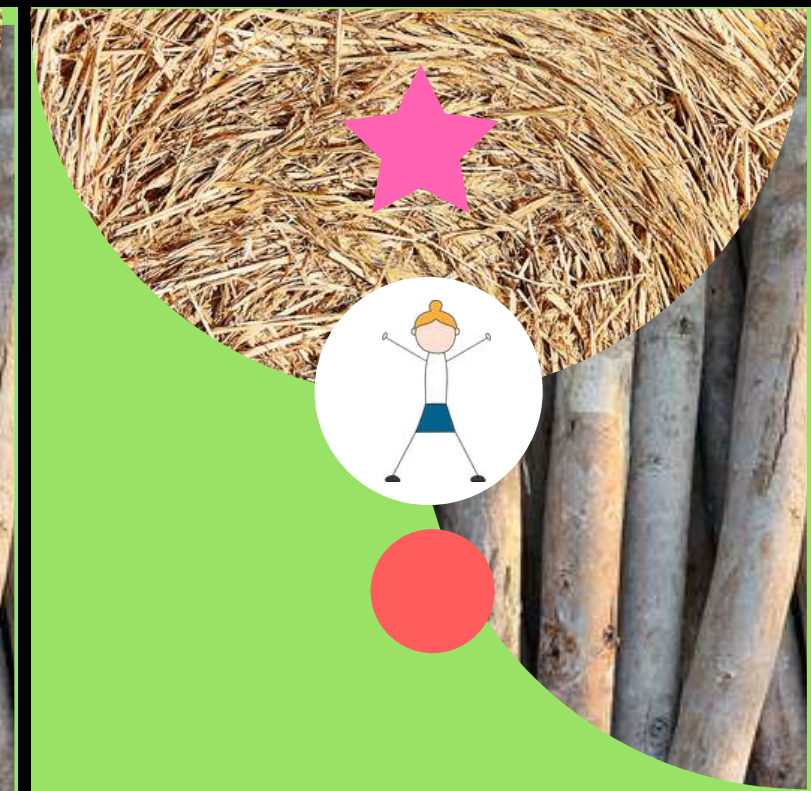
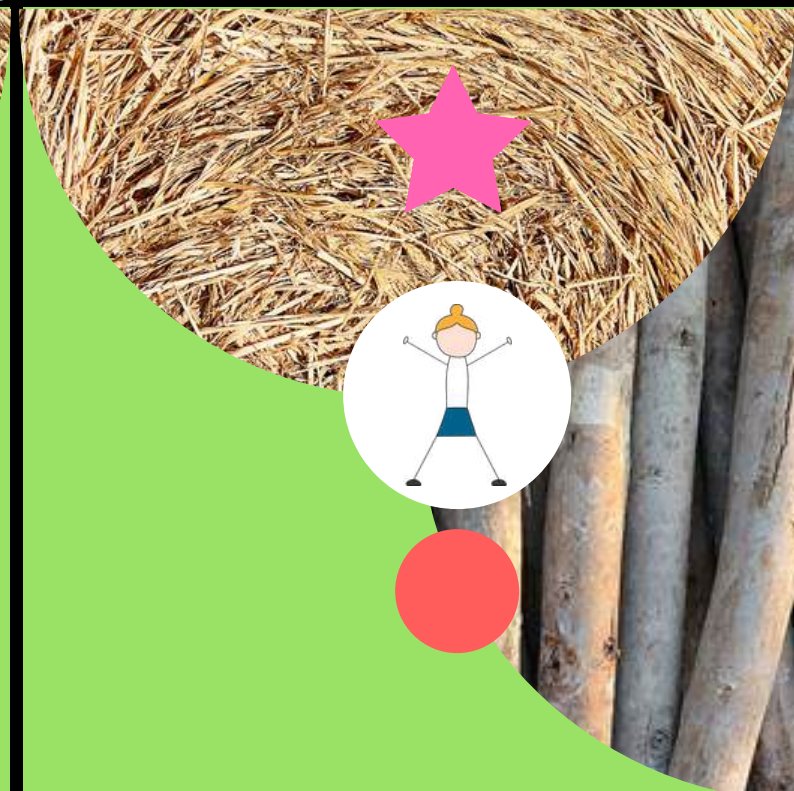
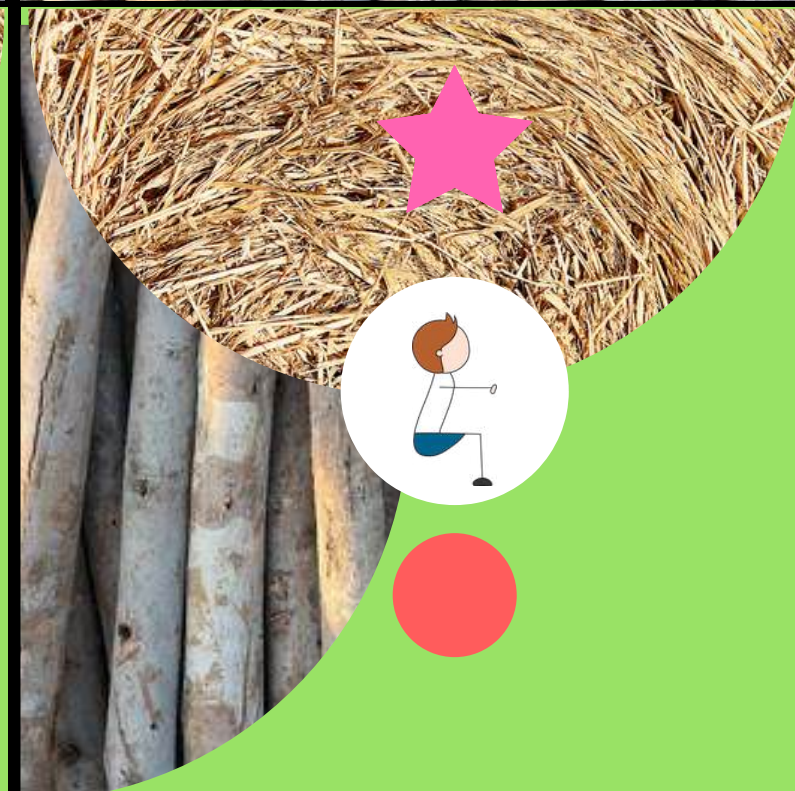
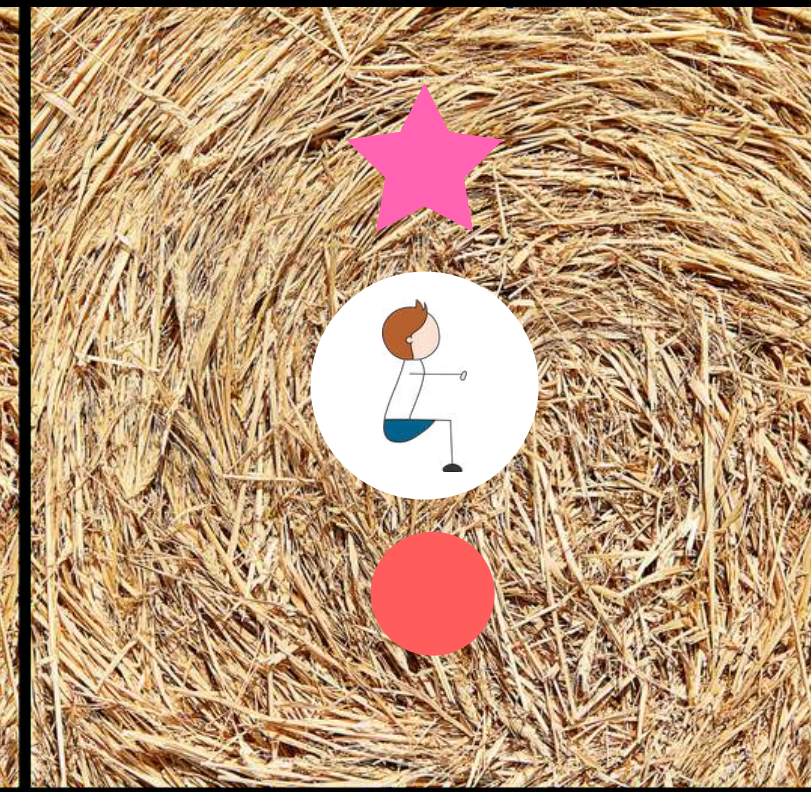
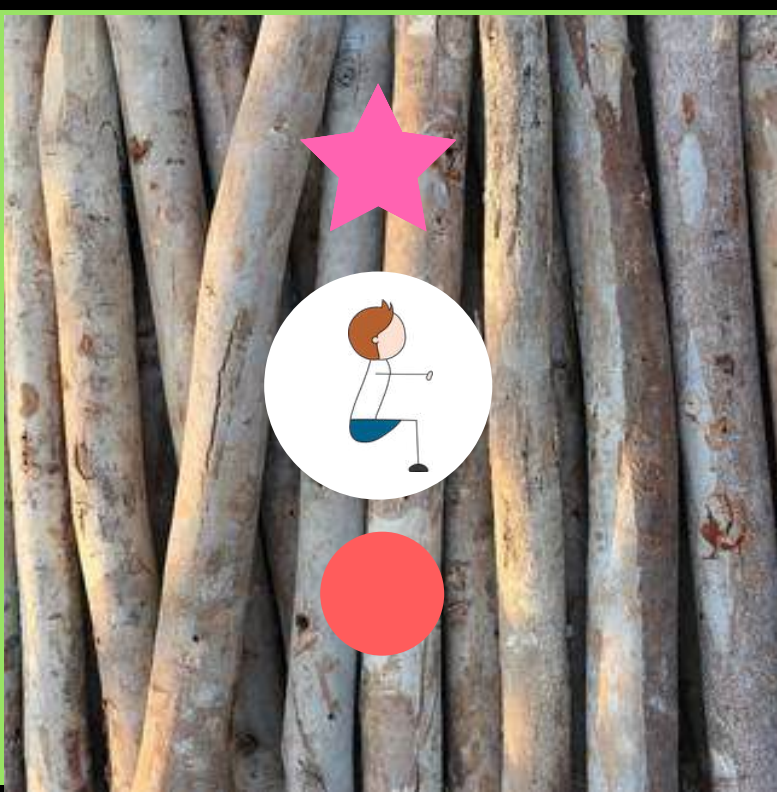
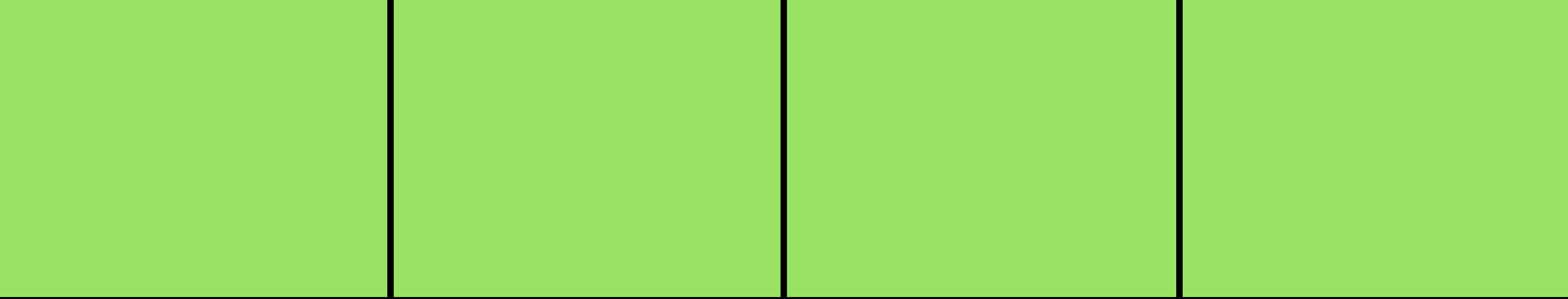












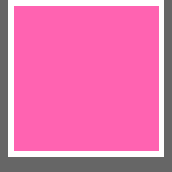
5 REPETITIONS/SECONDS

10 REPETITIONS/SECONDS



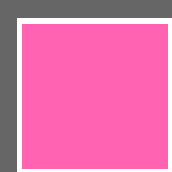
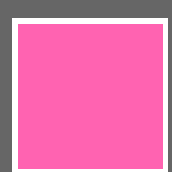
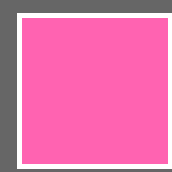
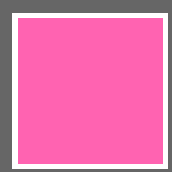
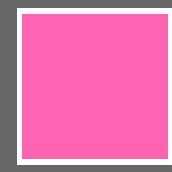
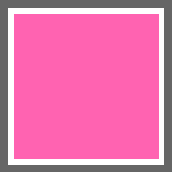
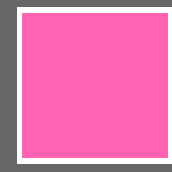
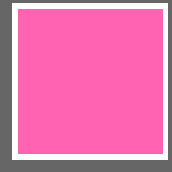
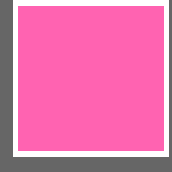
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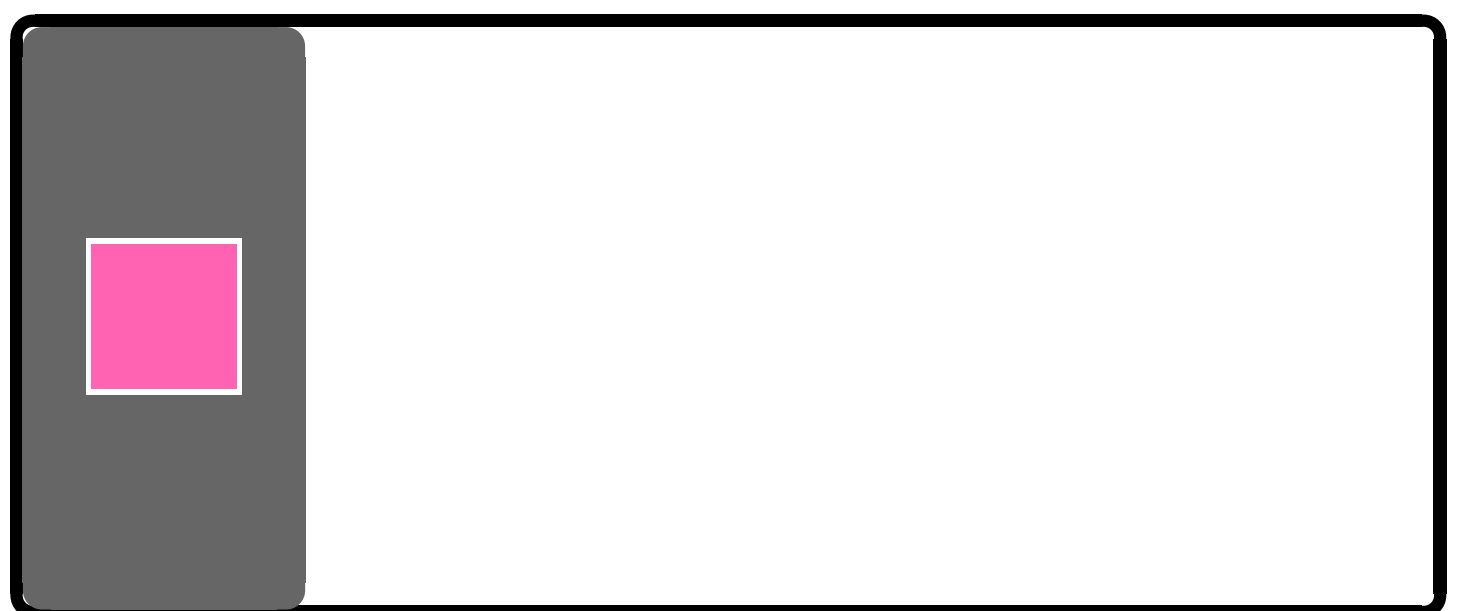
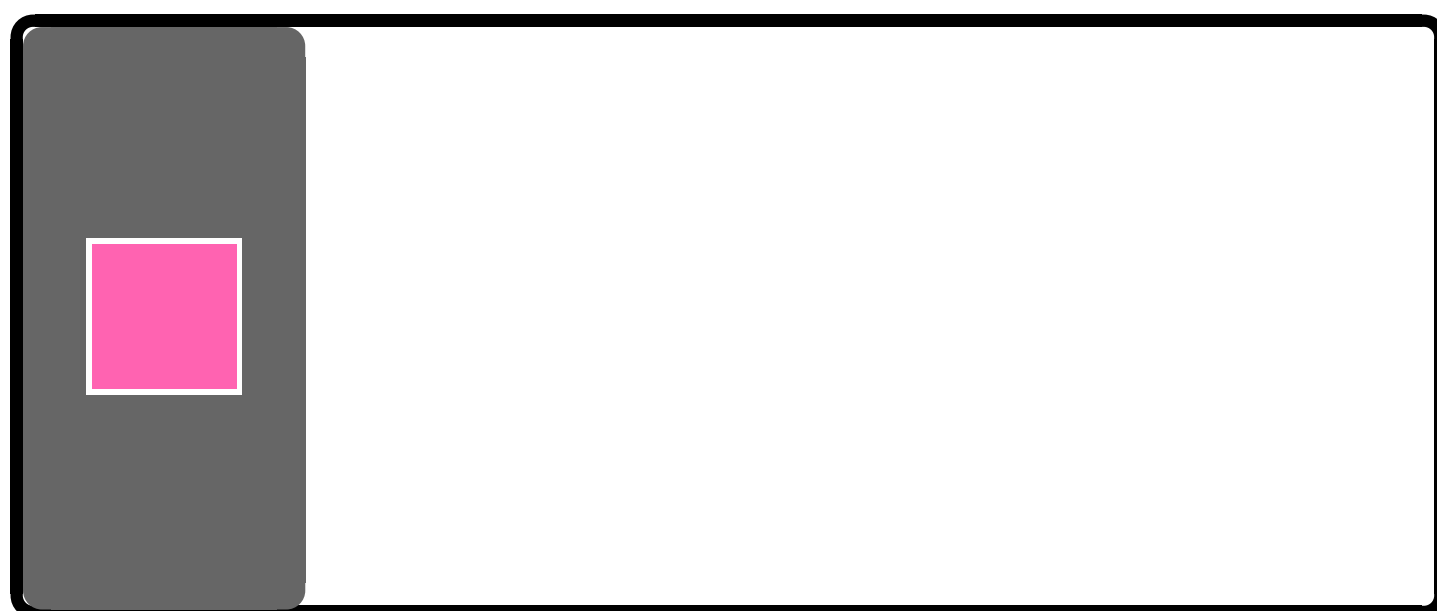
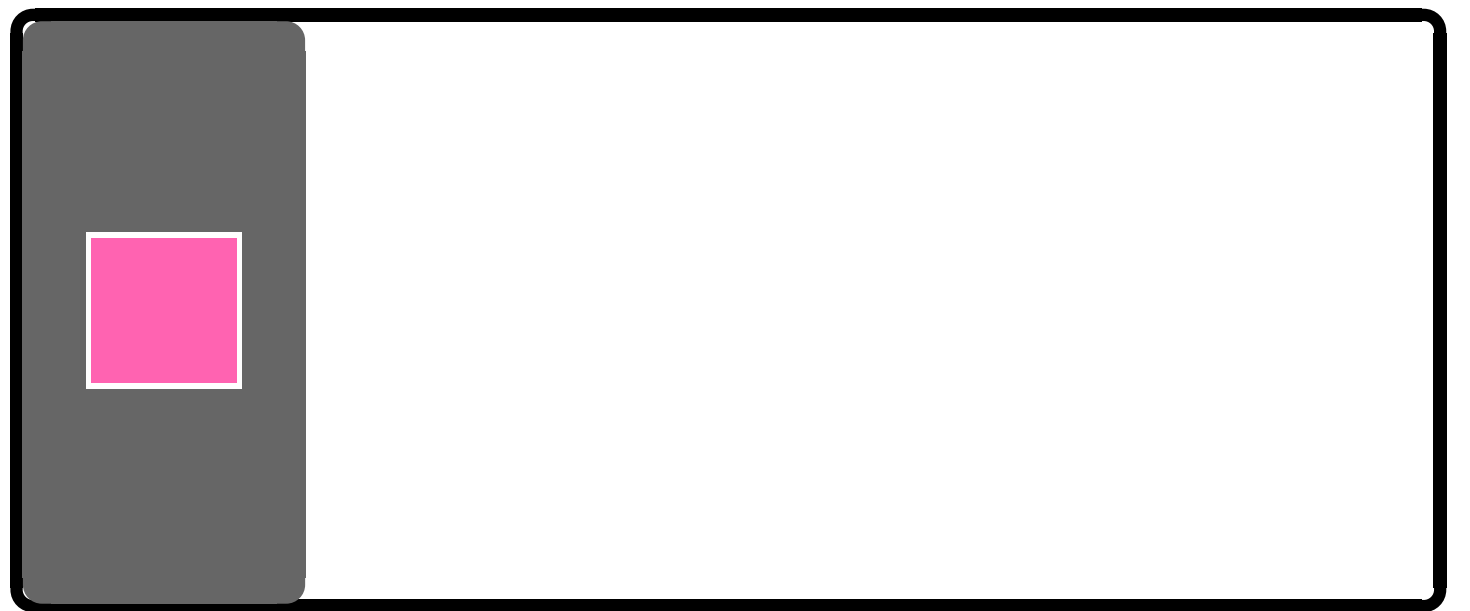
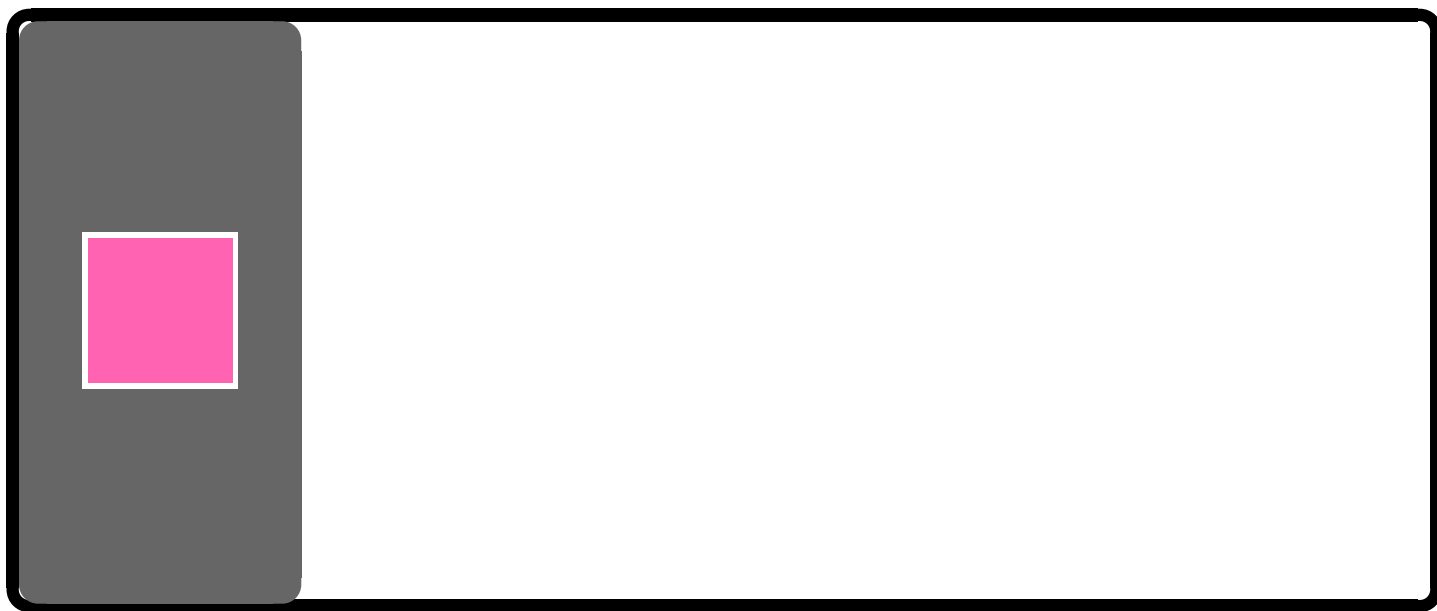
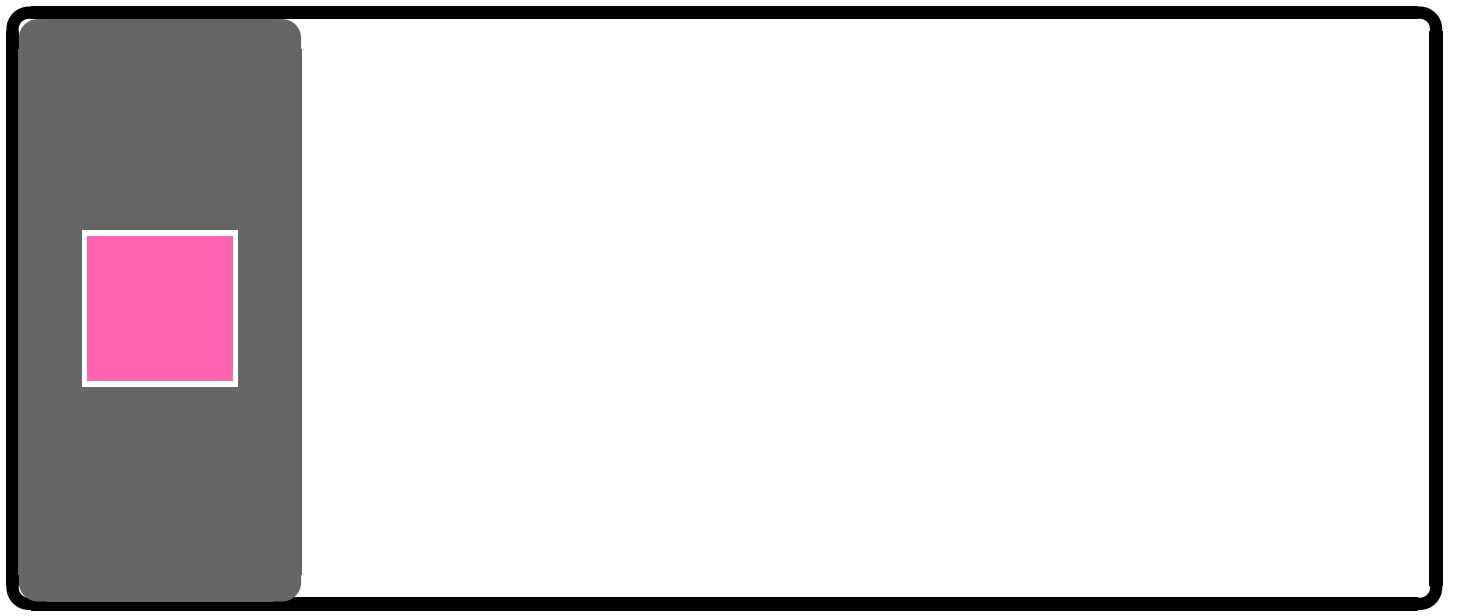
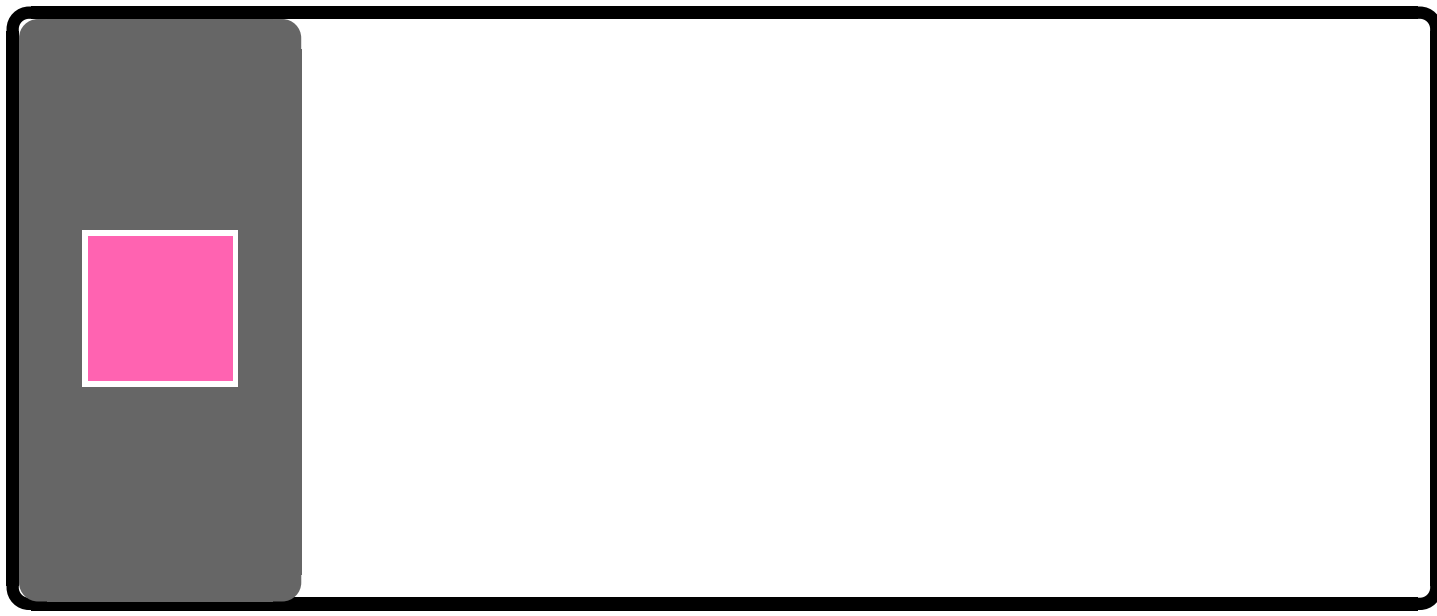




WHAT IS $40 + 30$?

ANSWER: 70

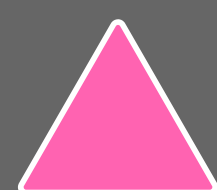
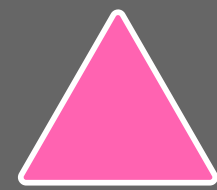
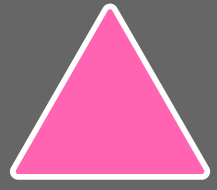
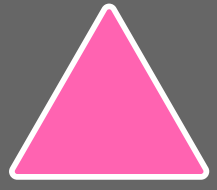
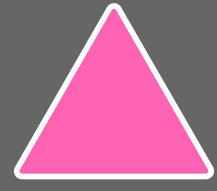


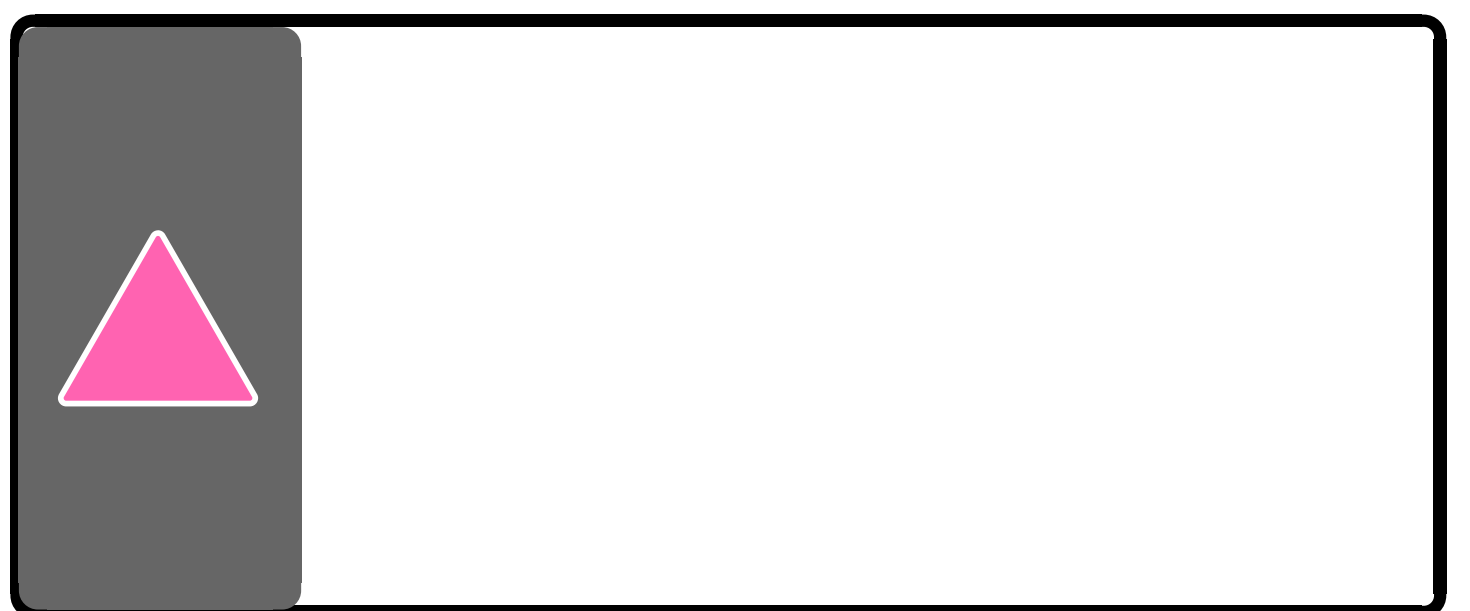
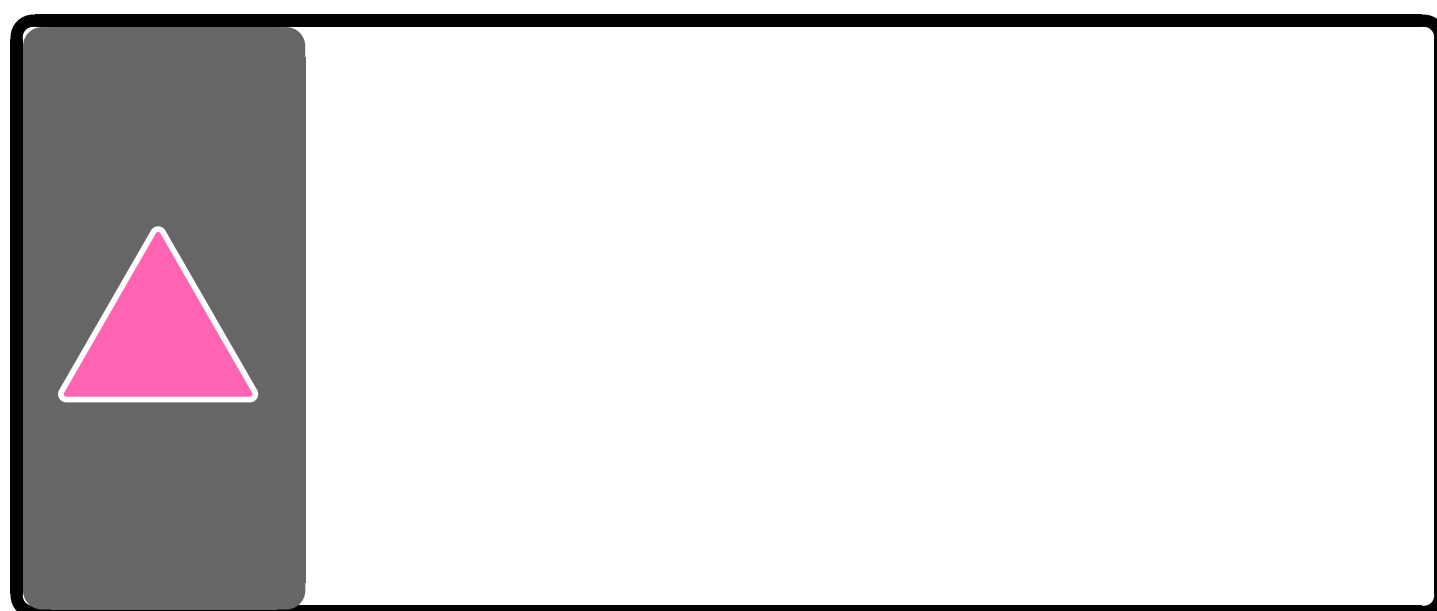
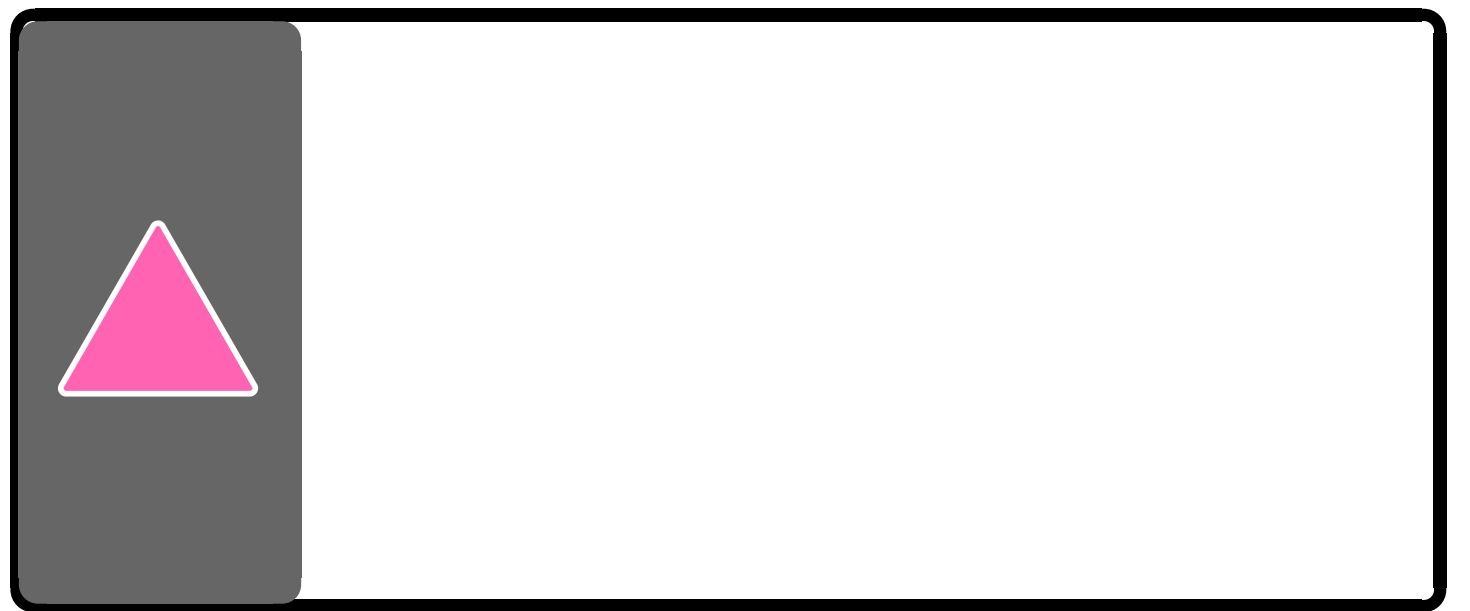
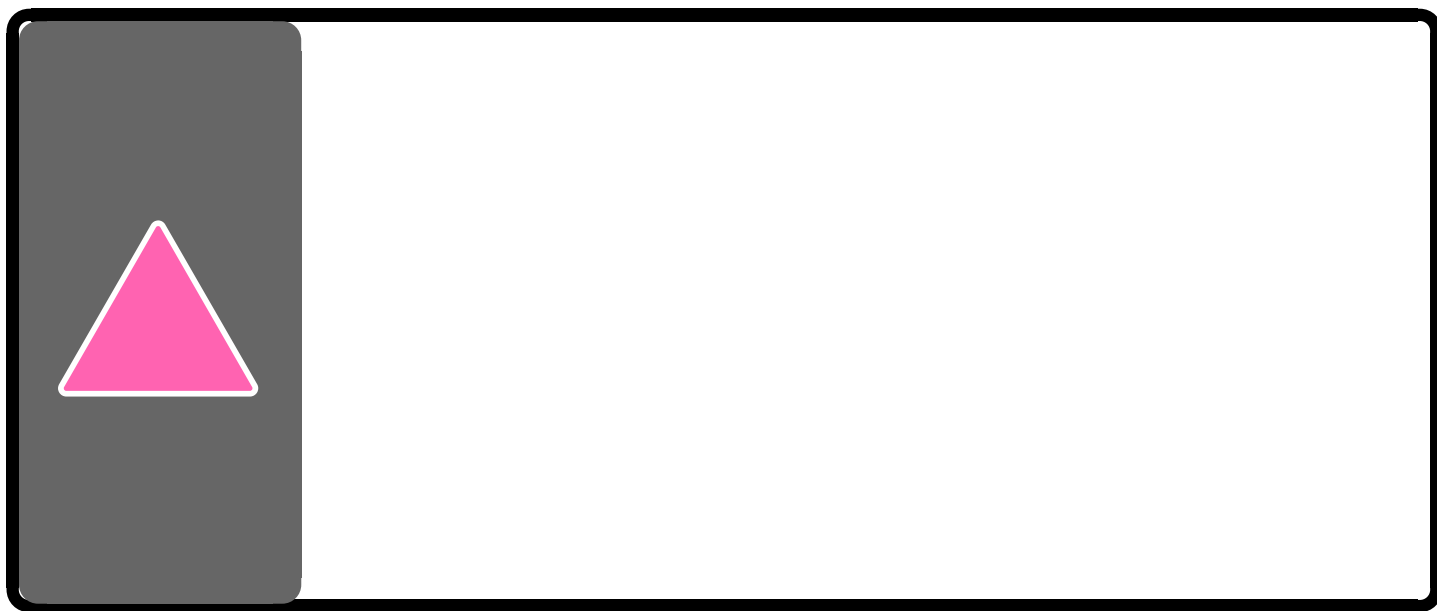
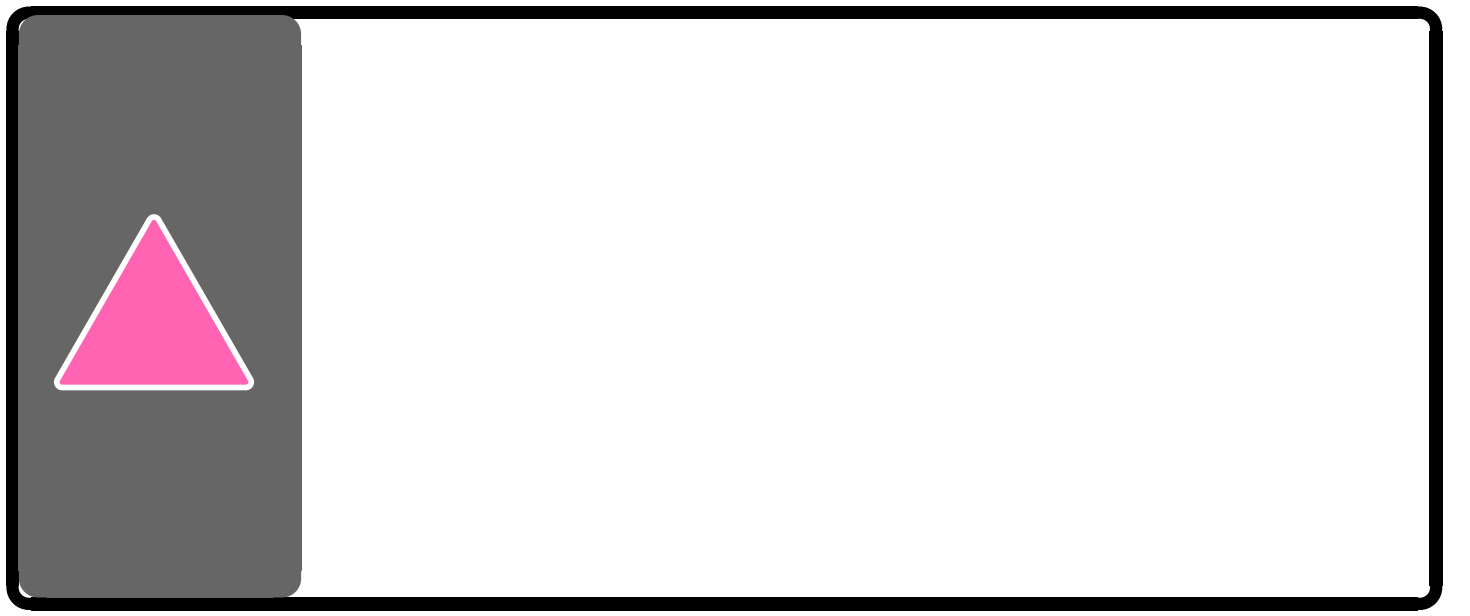
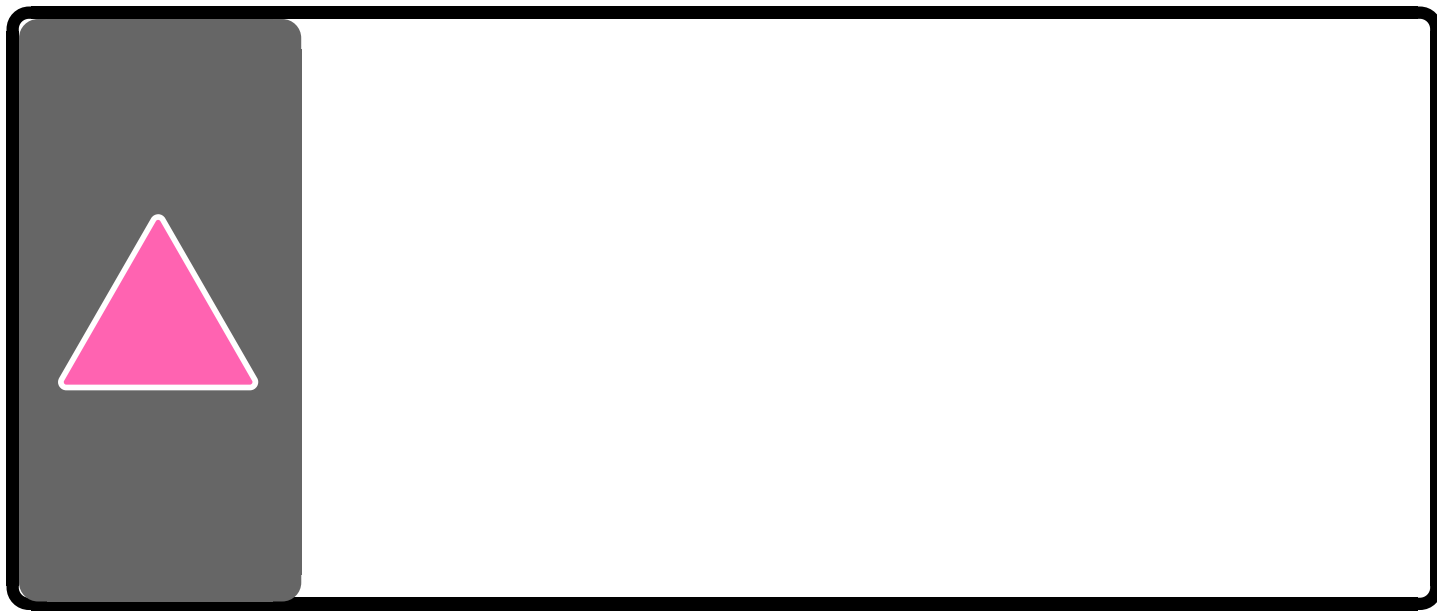


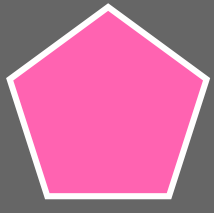


WHAT IS $16 - 9$?

ANSWER: 7

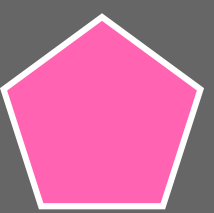
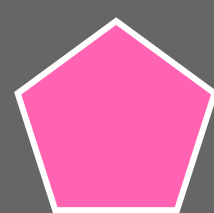
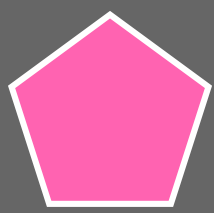
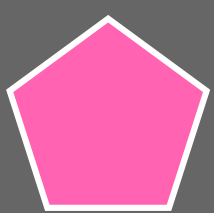
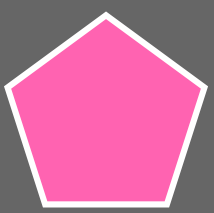
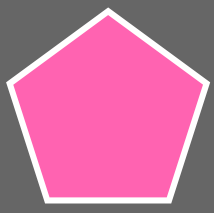
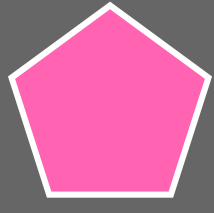
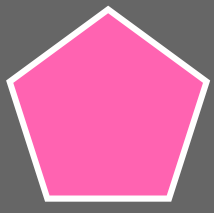
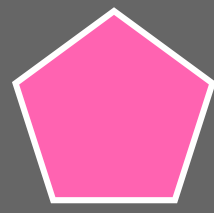


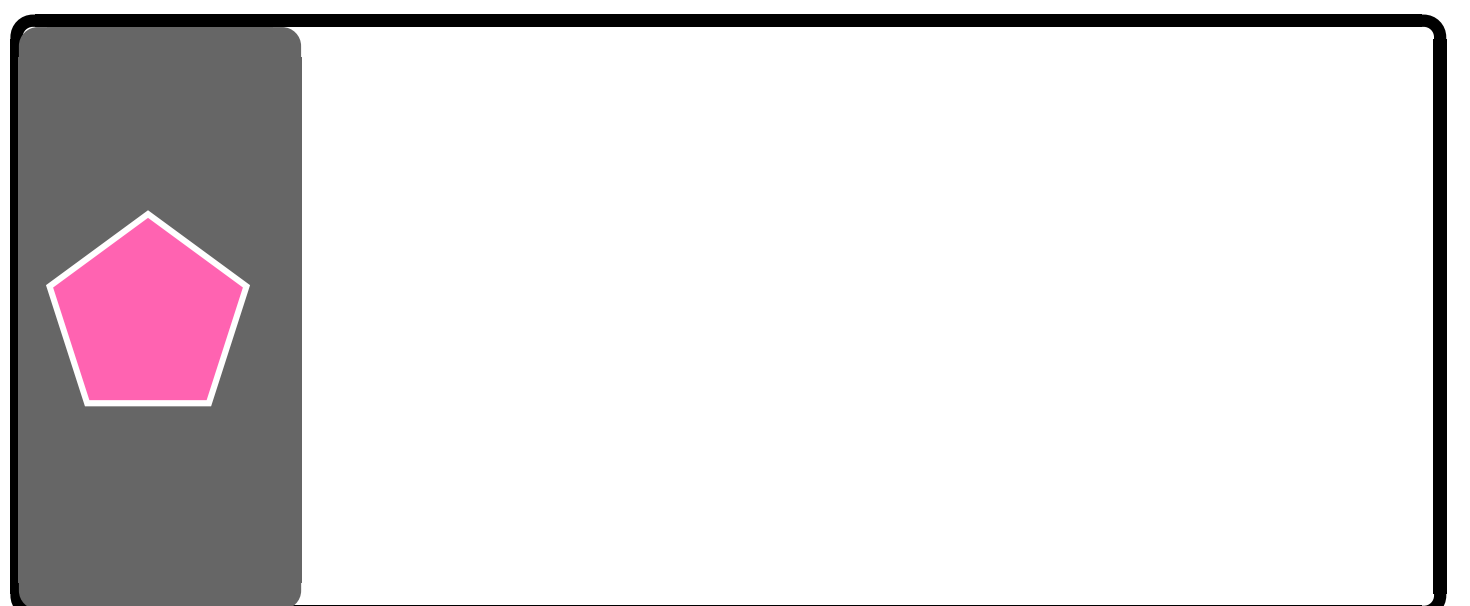
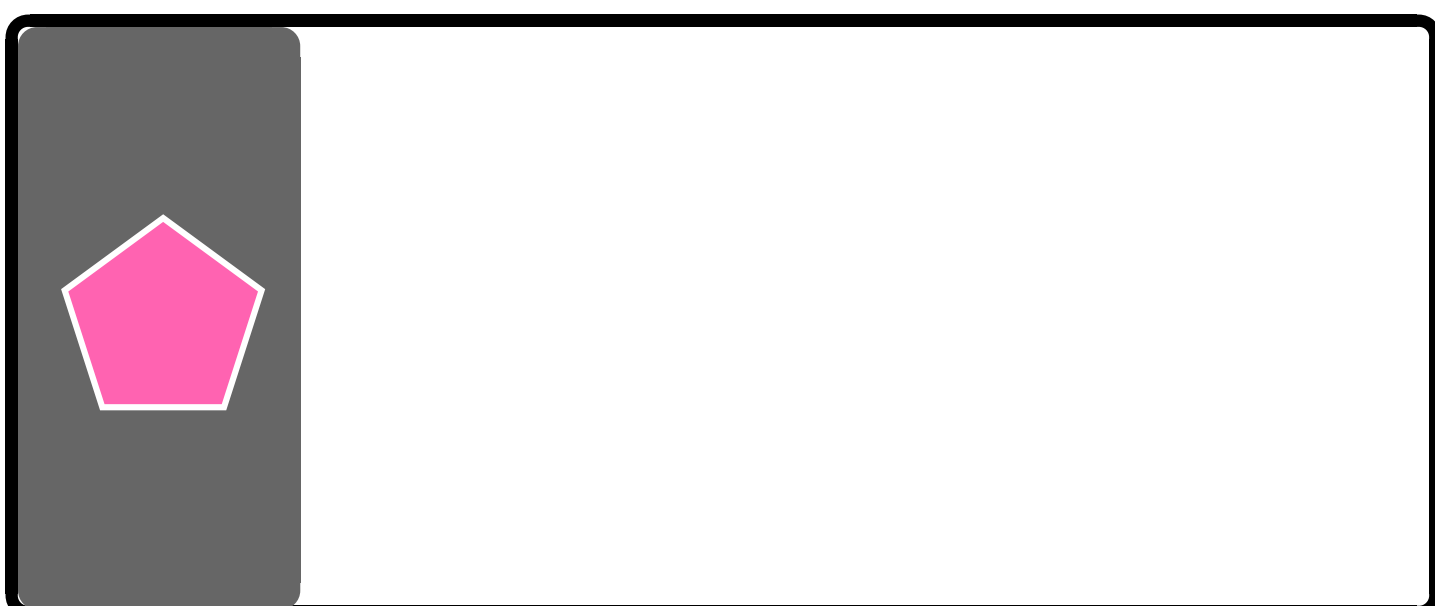
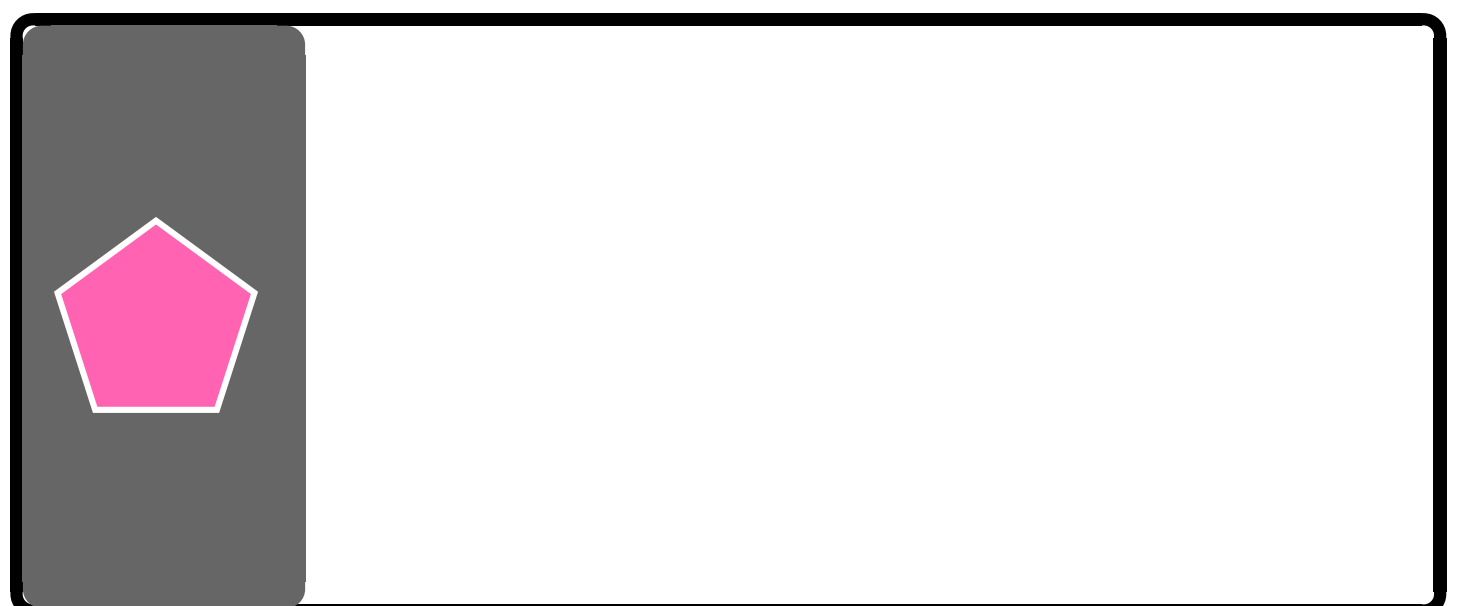
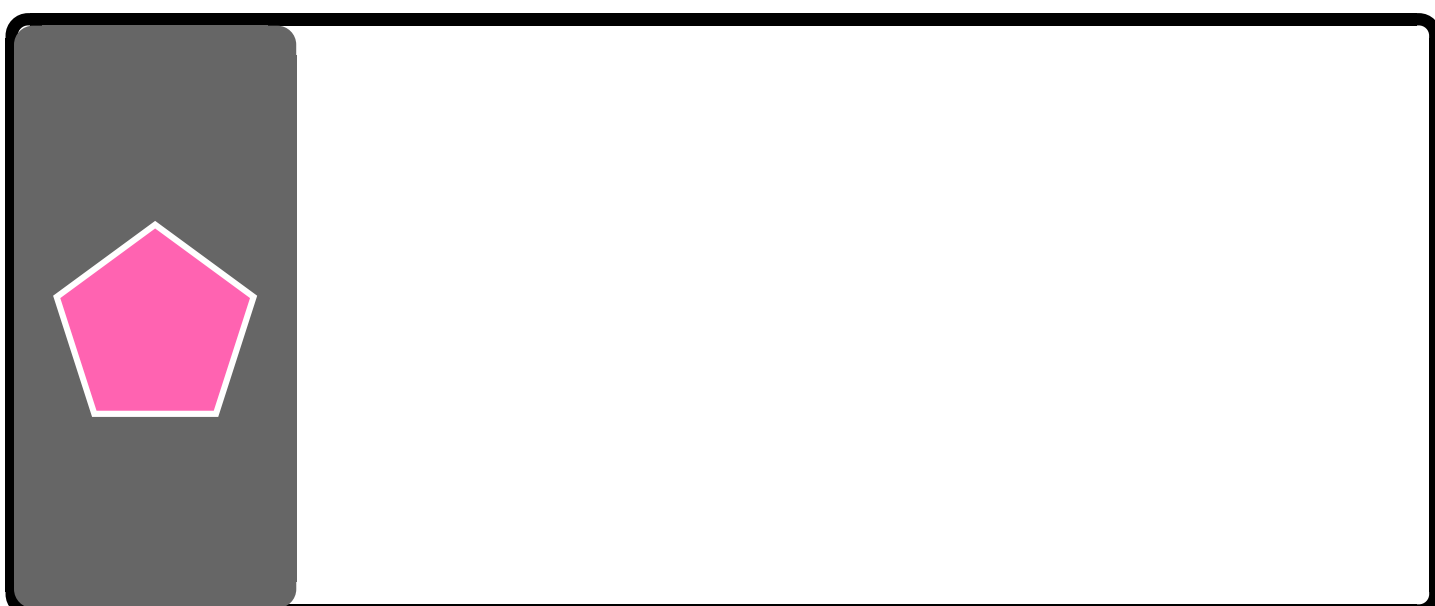
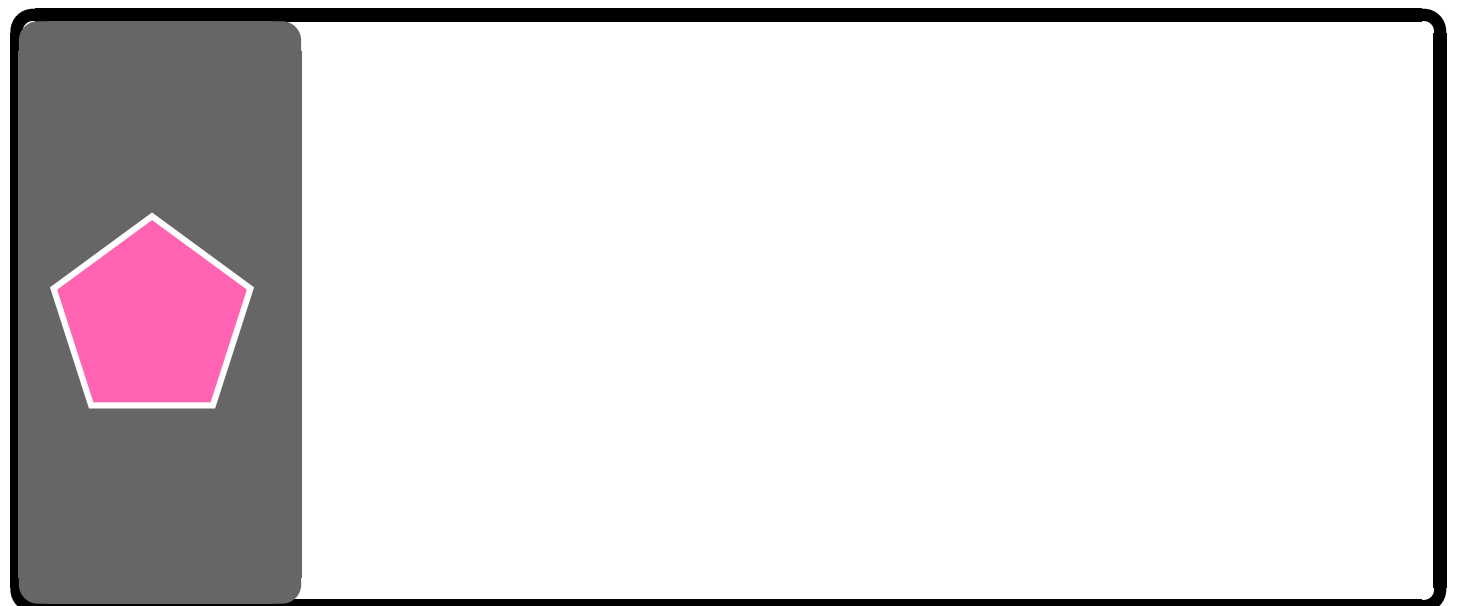
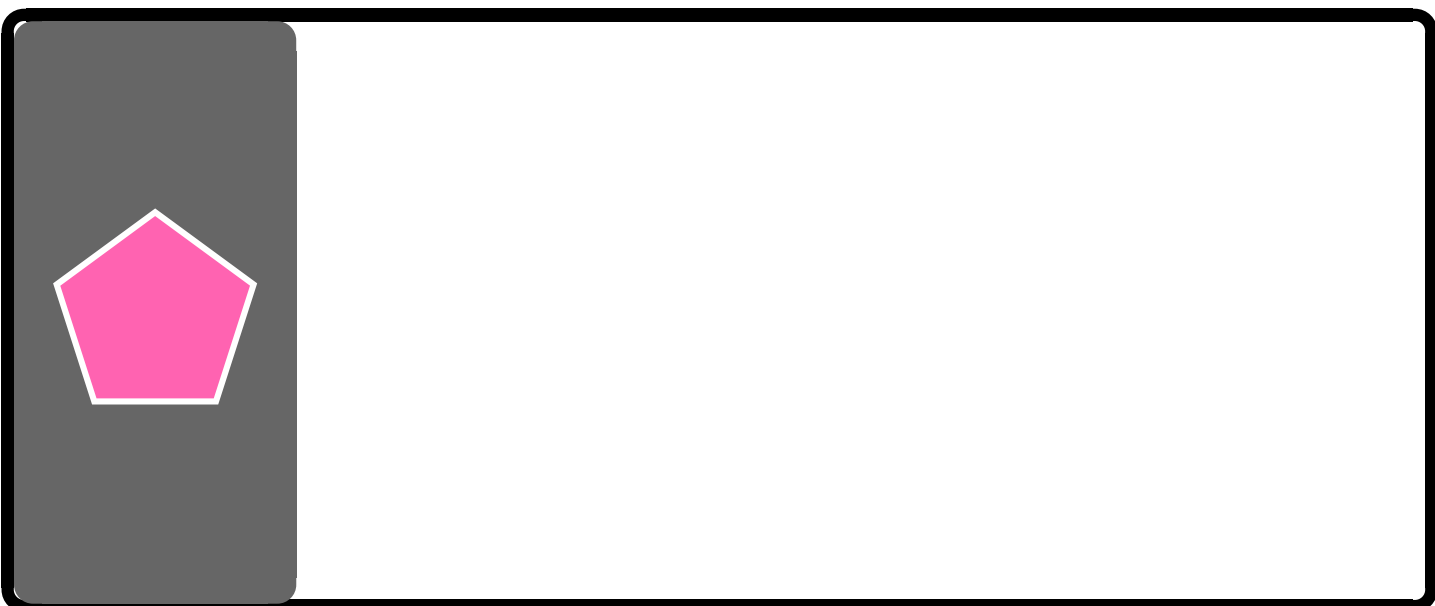
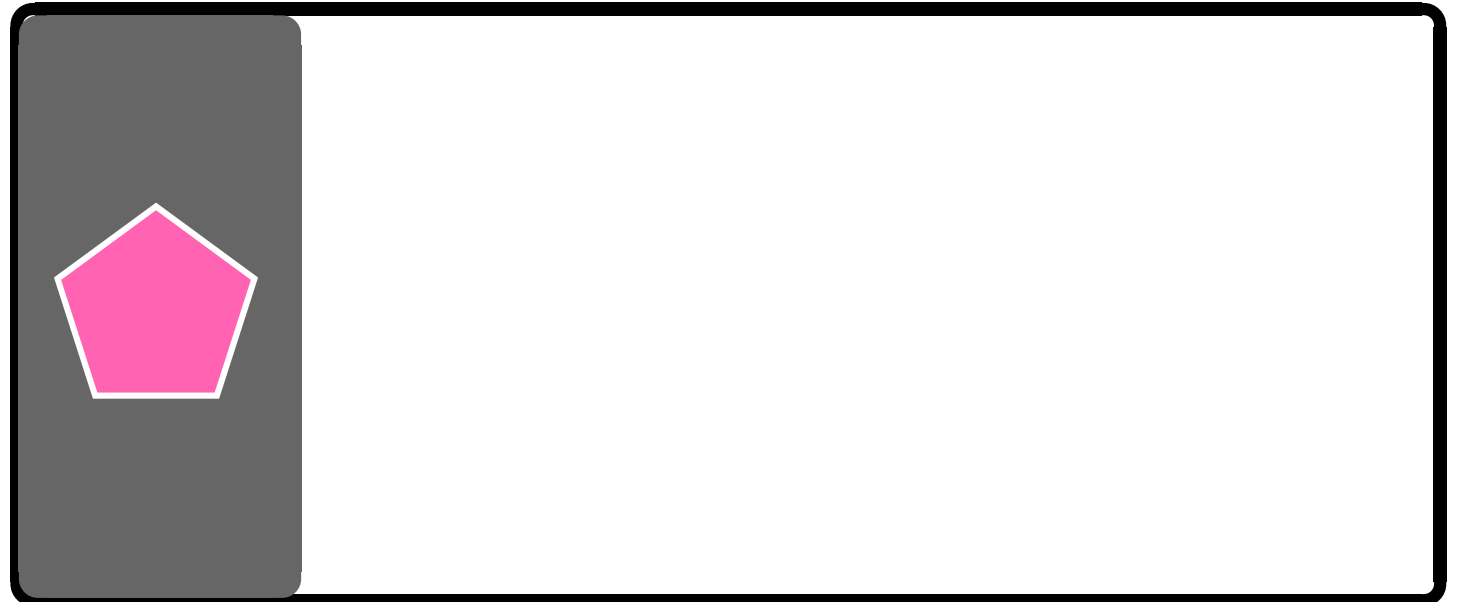





WHAT IS 4×8 ?

ANSWER: 32







WHAT IS $24 \div 6$?

ANSWER: 4

