

Capture the Pins
On the back of this paper.....

Explain how capture the pins requires similar skills to other sports you have played. Name the sports

Some words you may use

run, walk, spin, twist, dodge, balance, chase, flee, bend, roll, watch,

stretch, fall, sit, bounce, circle, curved, zigzag, strategy, sportsmanship,

fun, exercise, heart, sweat, fast, slow, muscles, team, cooperate, goal

Is Capture the Pins mixed with Project Fit America a healthy game? Circle one

Yes

No

Tell me why you answered this way.

Do you know any adults who live a physically active lifestyle? Circle one

Yes

No

What do they do that shows that they live a physically active lifestyle?

Why is it important to enjoy activity and exercise?

