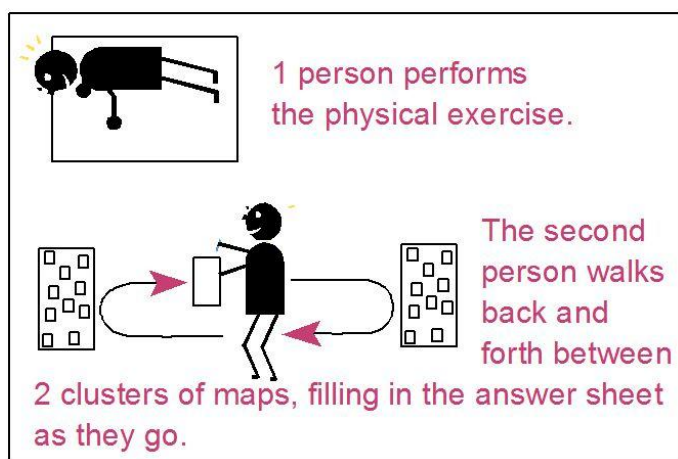


## Match the Map

### Preparation:

For each exercise station there are a set of mini maps. They are labelled A-K and 1-10. Each set is coloured coded to stop them getting mixed up. Cut up and laminate them. The answer sheet is similarly colour coded.

Beside each exercise station, place maps segments A-K in a small cluster and maps 1-10 in another small cluster about 3-5m away. (Diagram 1)



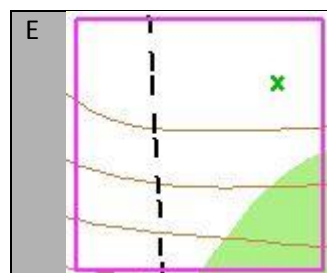
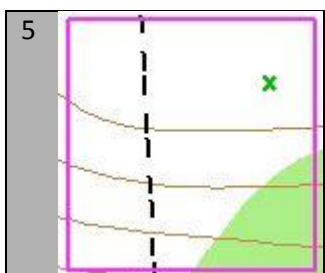
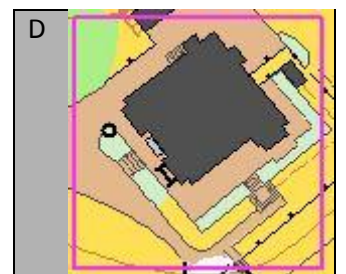
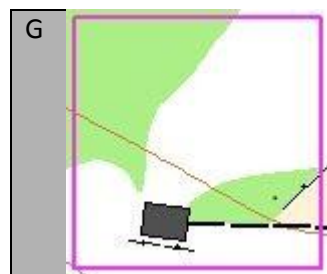
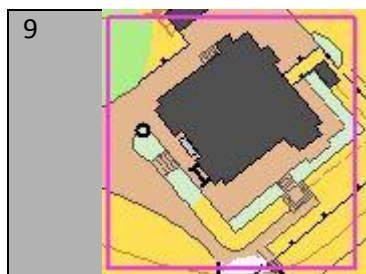
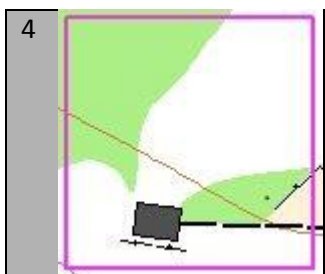
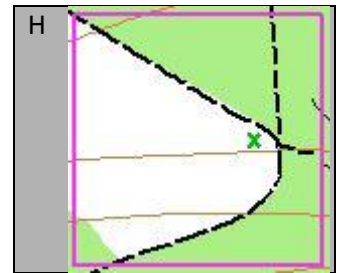
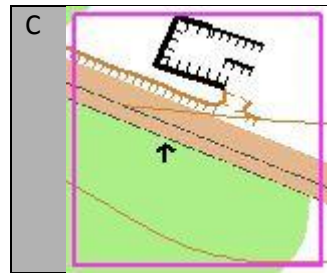
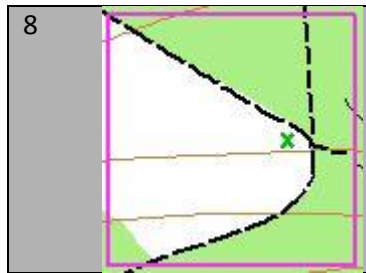
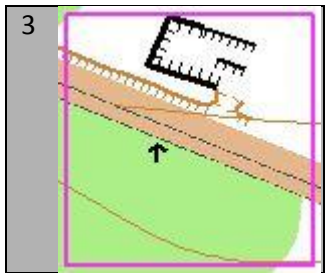
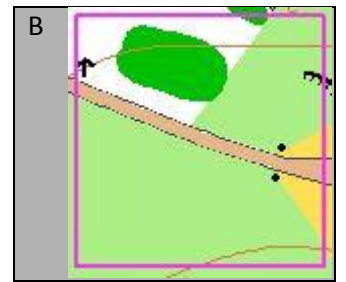
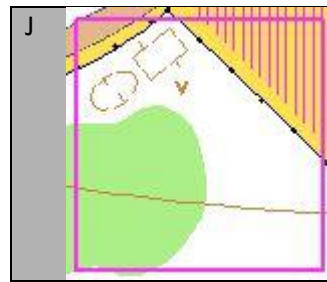
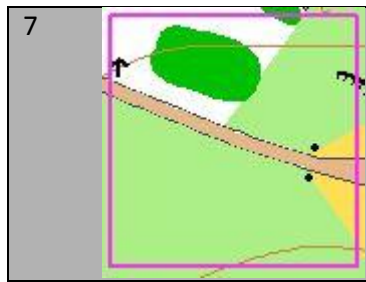
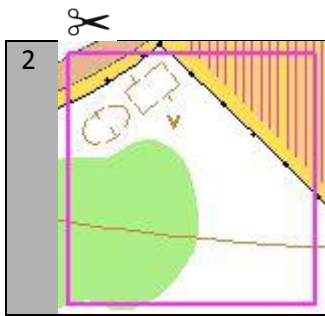
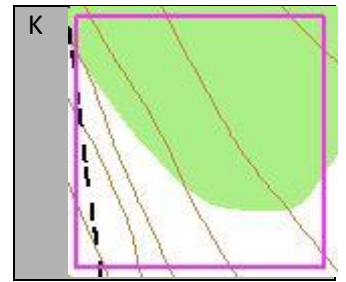
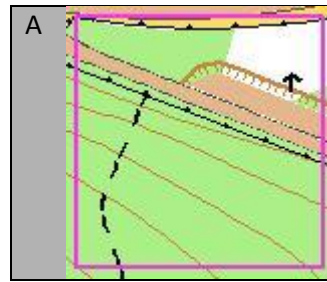
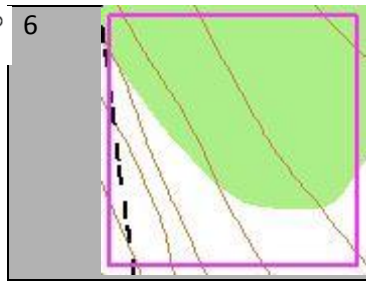
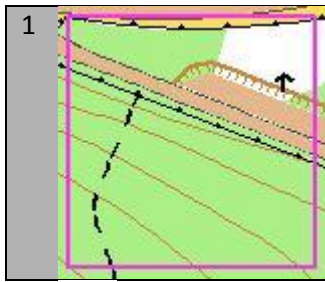
**Diagram 1**

### How it works:

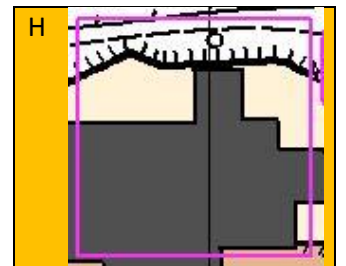
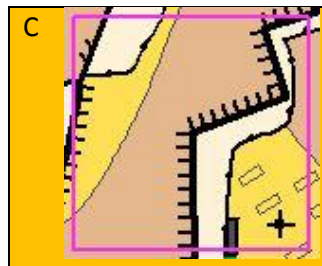
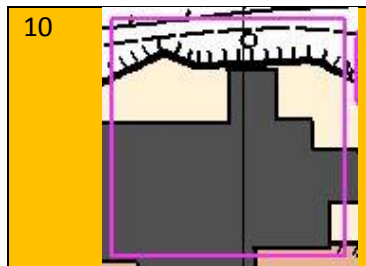
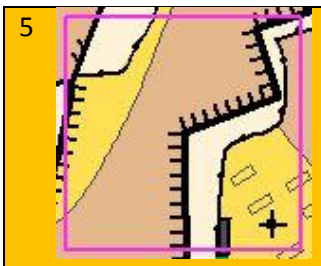
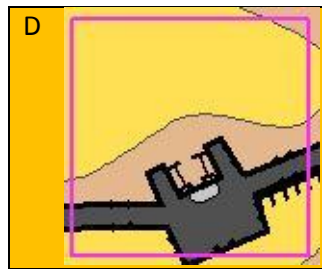
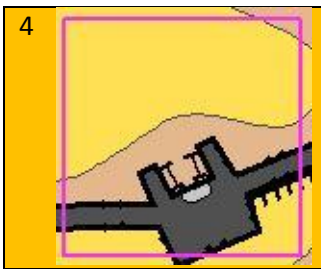
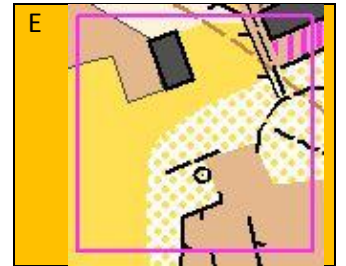
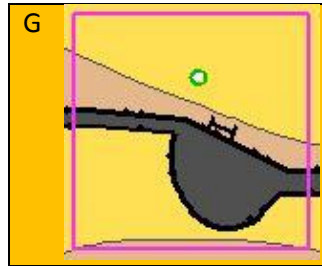
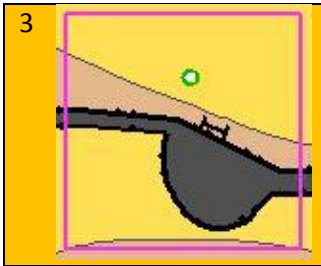
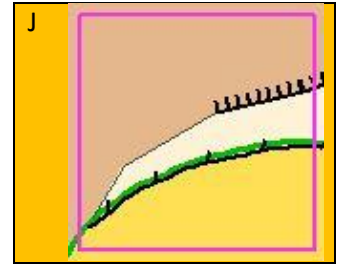
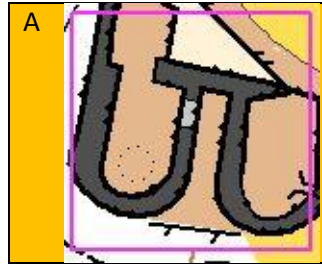
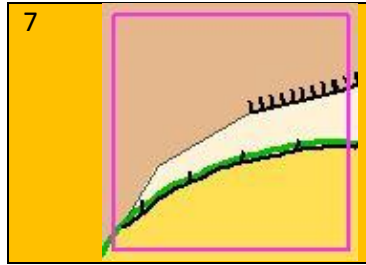
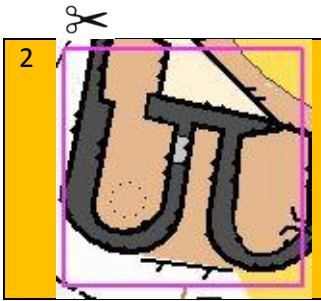
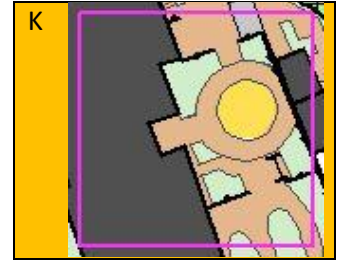
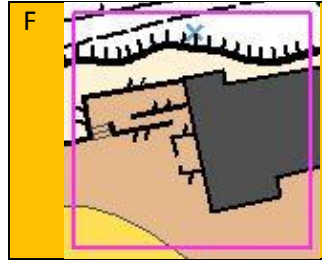
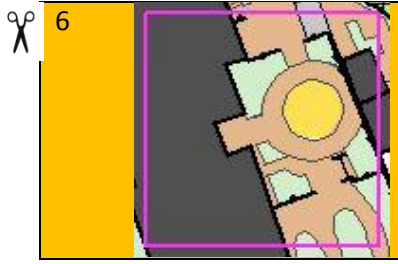
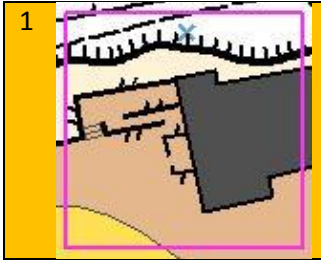
Person 1 does the exercise for the prescribed period of time (e.g. 45 seconds). Whilst person 1 is performing the exercise the second person walks back and forth between 2 sets of maps. They try to work out which maps match up with each other. Participants fill in their answer sheets with what they believe to be the correct answer. The aim is to get as many matches as possible within the 45 seconds.

At the end of the circuit training session the coach can give out the solutions sheets and participants can work out how many they have got right.

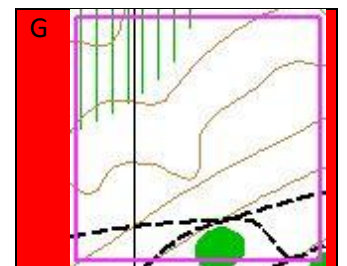
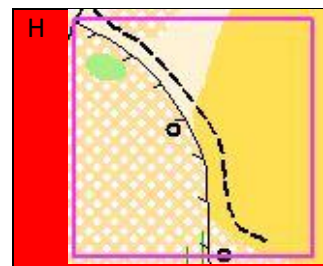
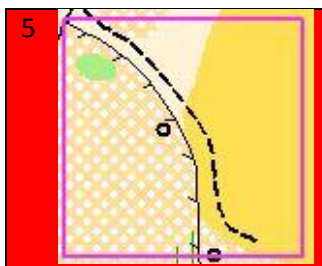
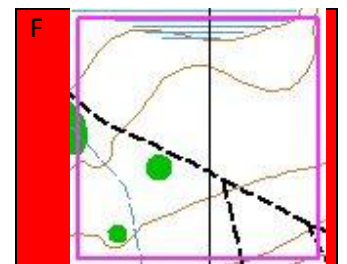
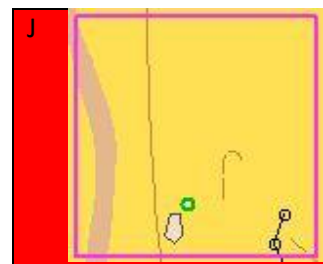
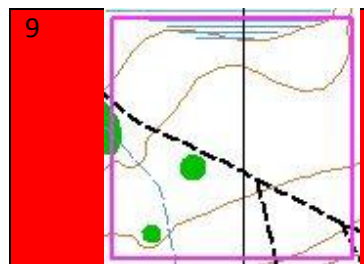
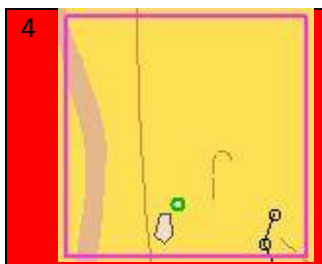
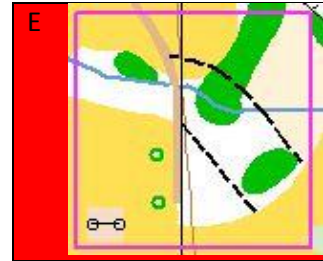
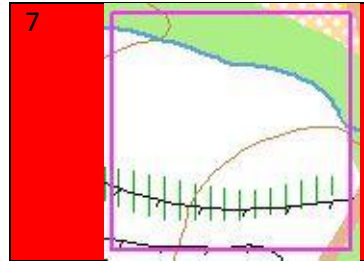
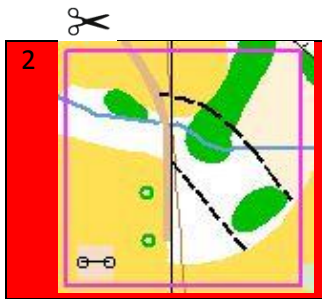
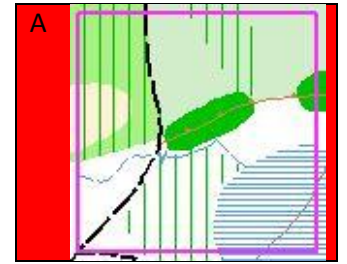
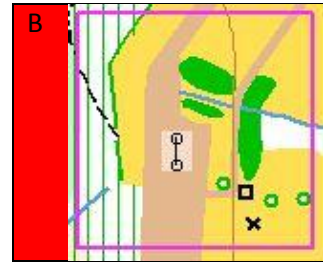
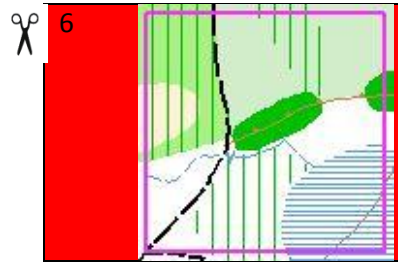
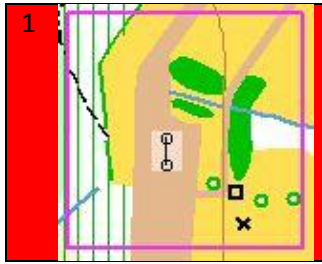
## Match the Map Set 1



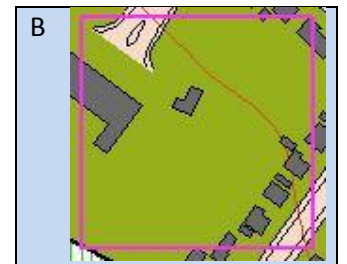
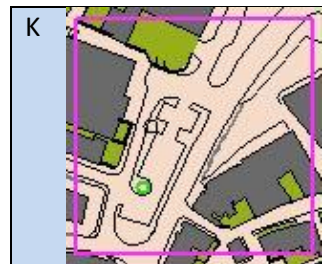
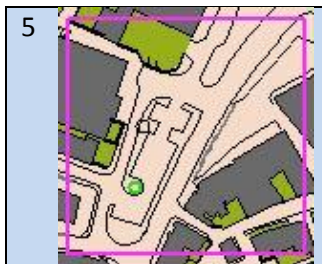
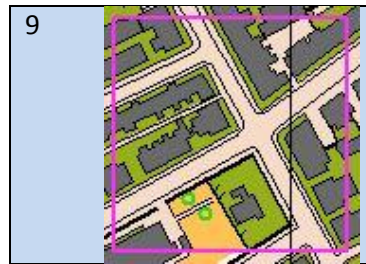
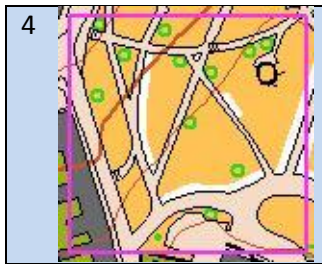
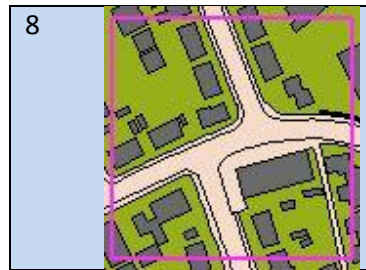
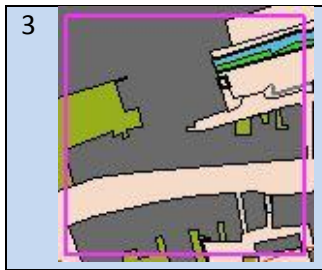
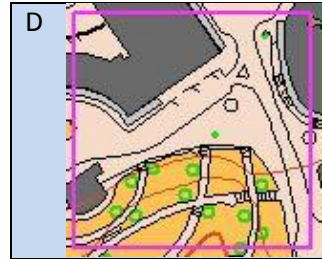
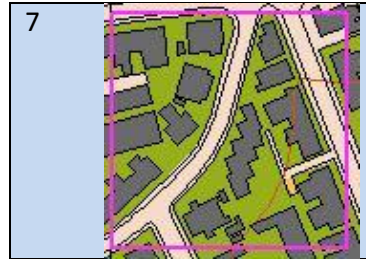
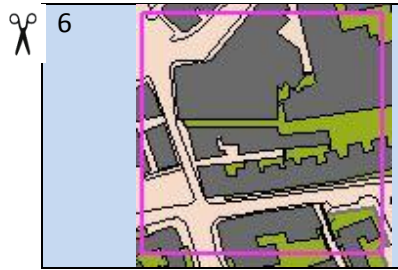
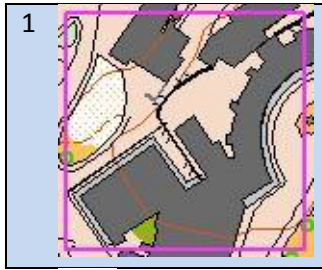
## Match the Map Set 2



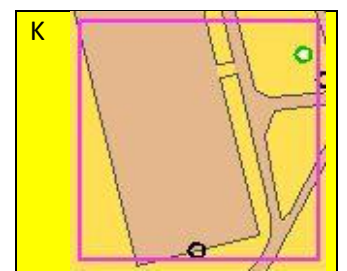
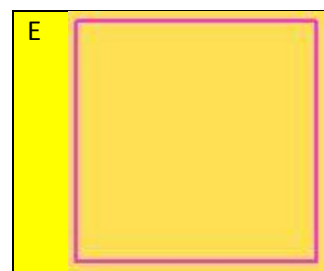
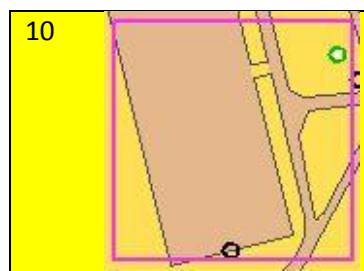
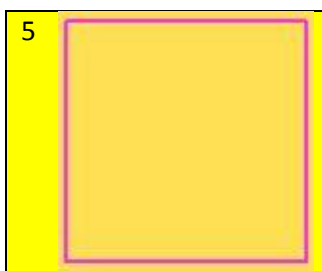
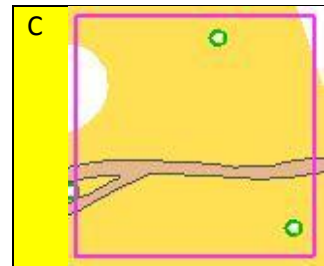
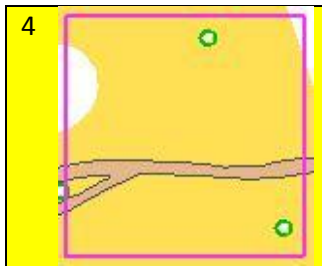
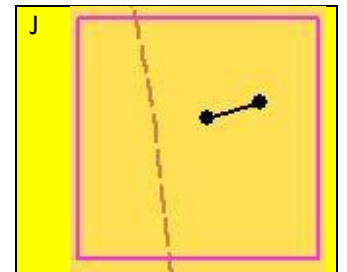
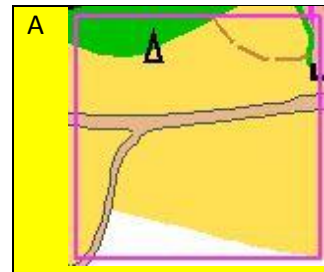
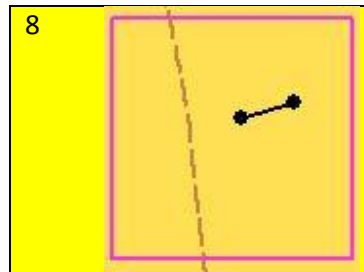
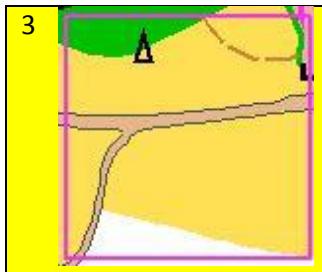
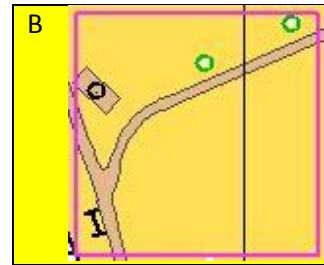
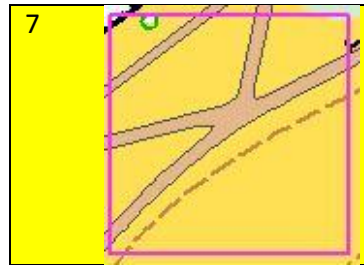
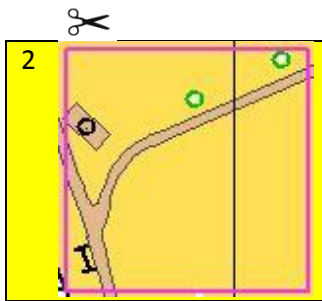
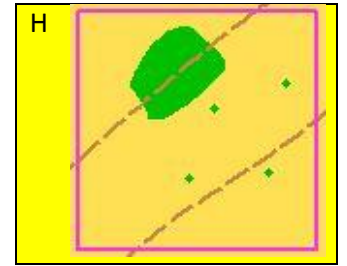
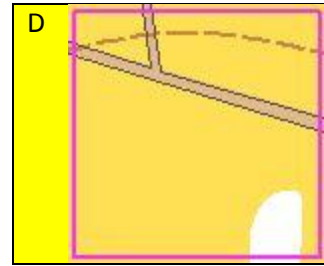
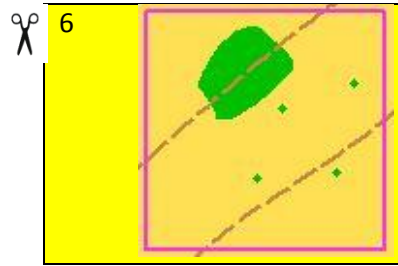
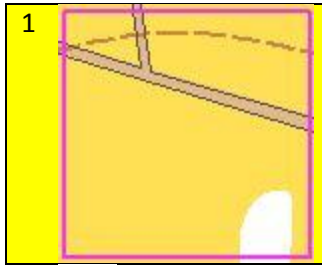
# Match the Map Set 3



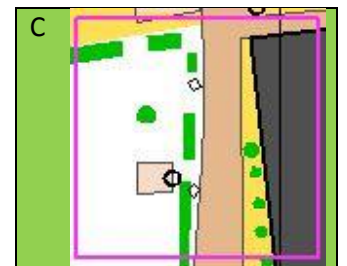
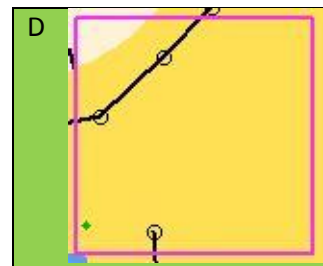
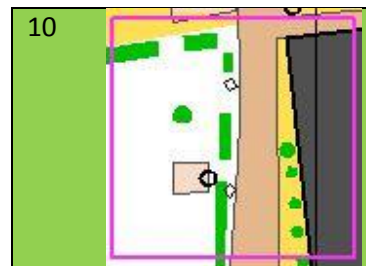
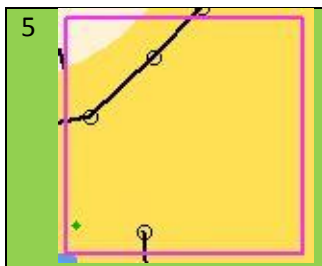
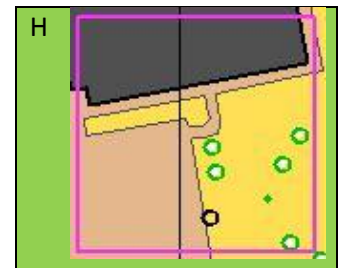
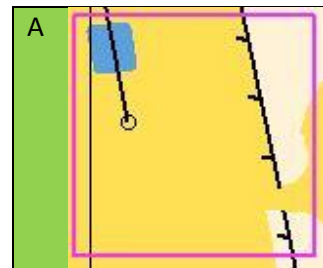
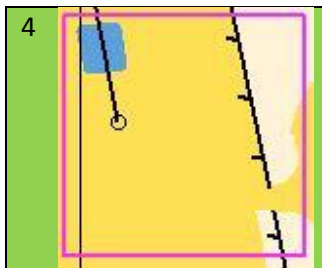
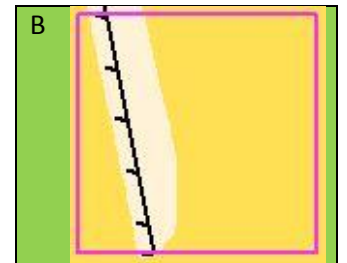
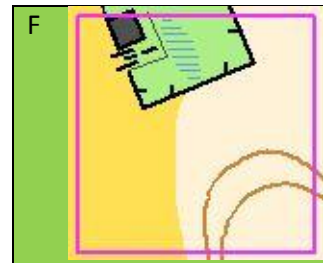
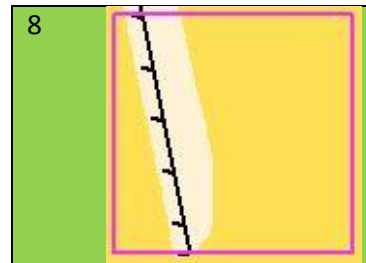
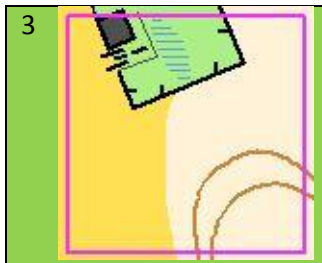
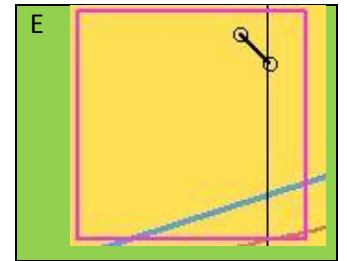
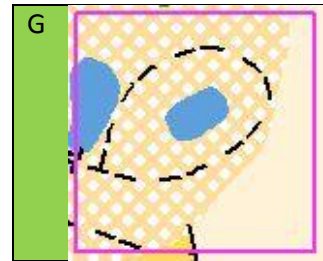
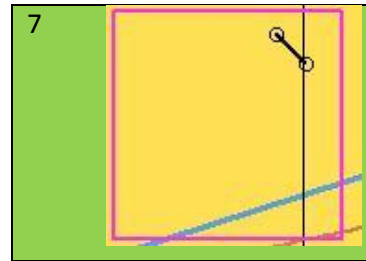
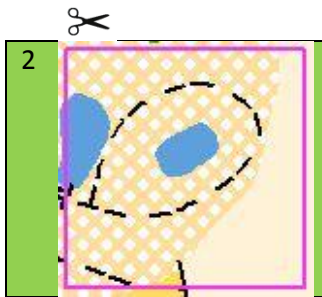
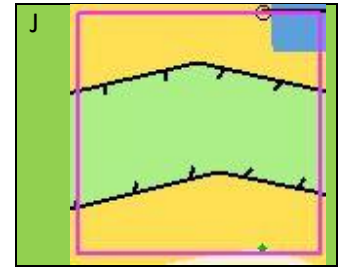
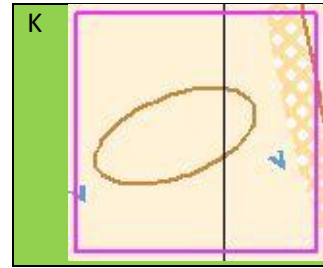
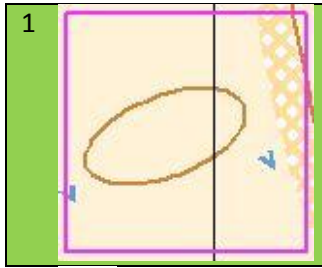
## Match the Map Set 4



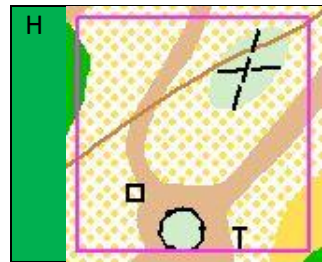
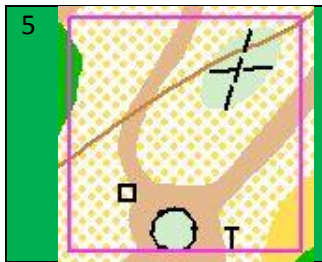
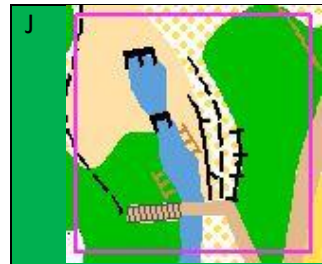
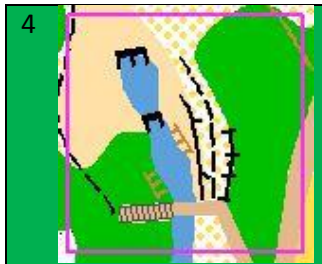
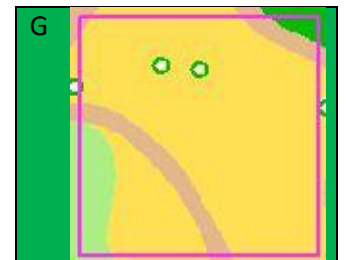
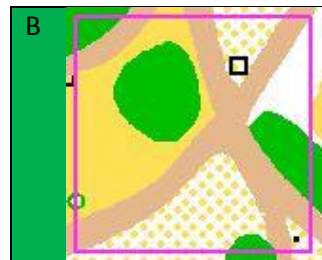
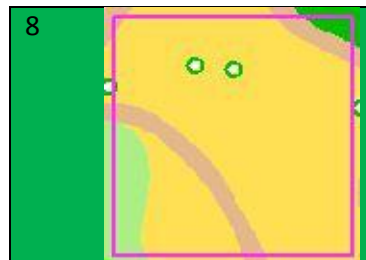
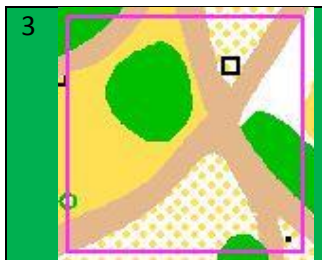
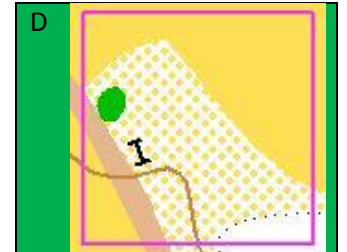
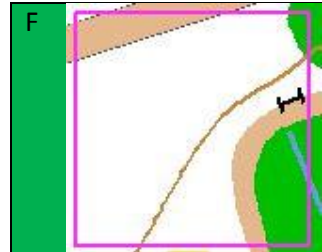
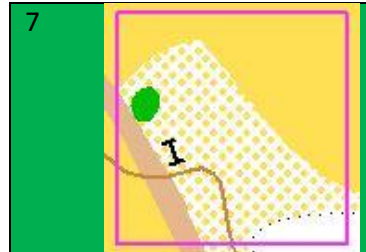
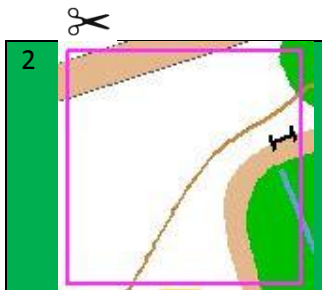
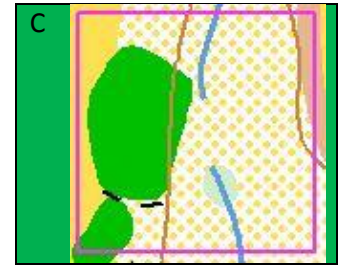
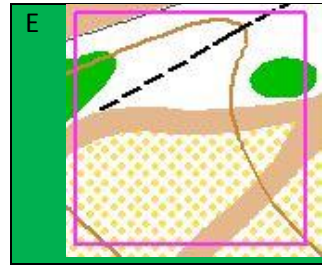
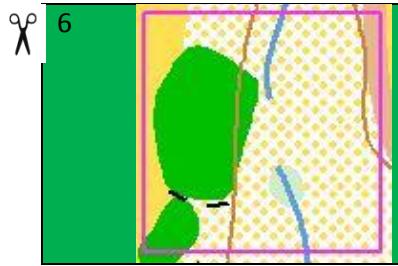
# Match the Map Set 5



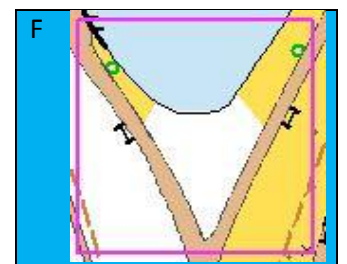
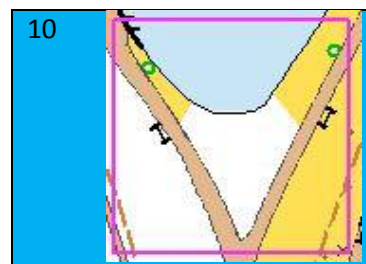
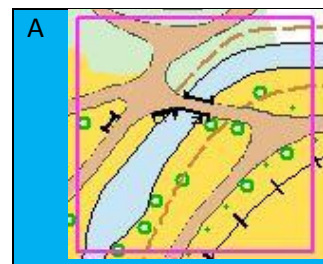
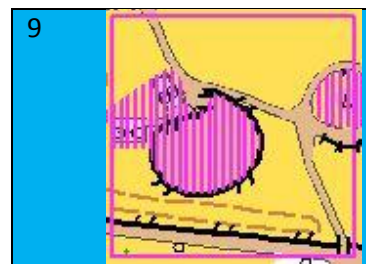
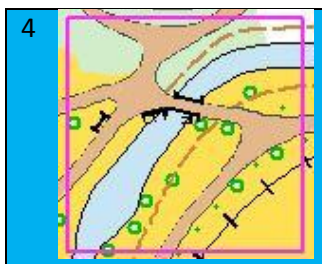
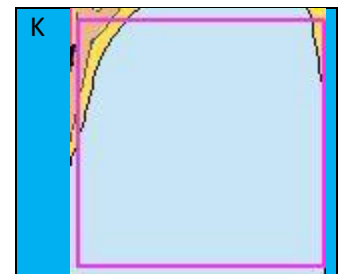
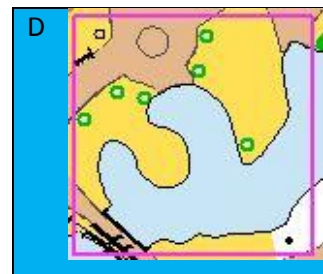
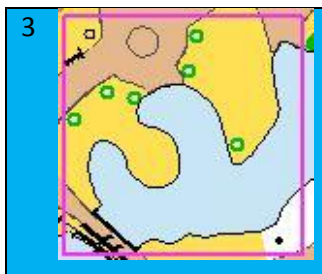
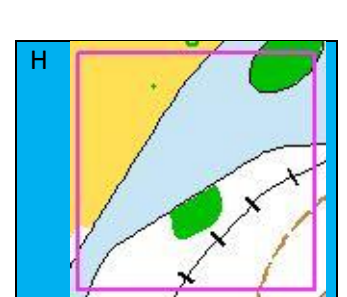
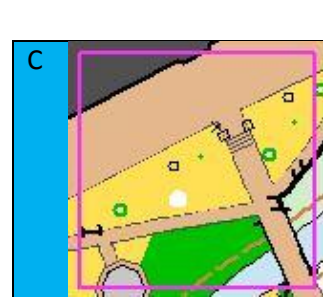
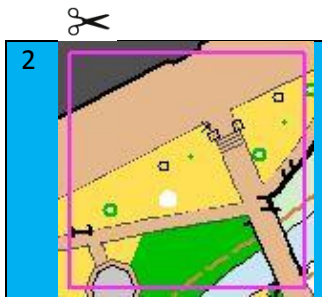
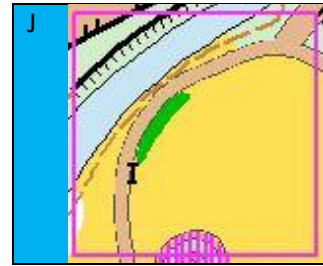
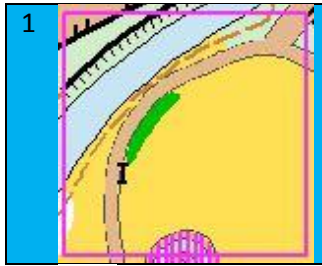
# Match the Map Set 6



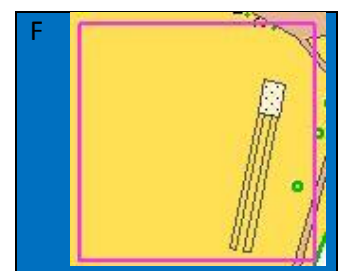
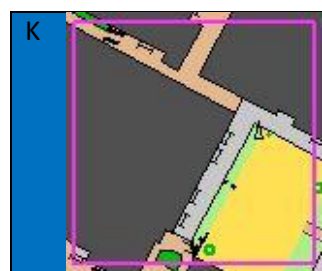
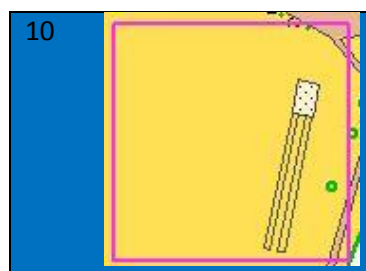
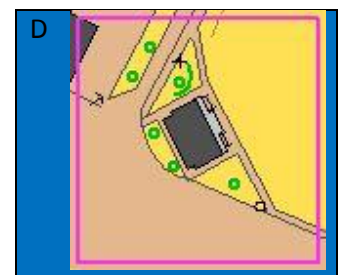
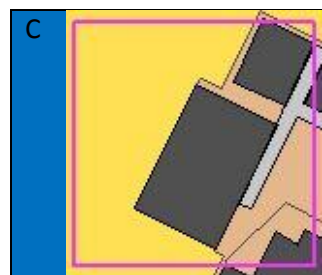
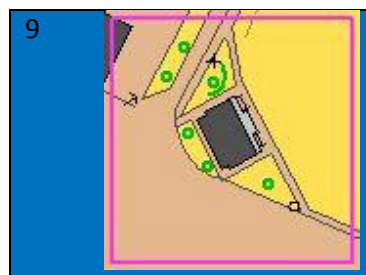
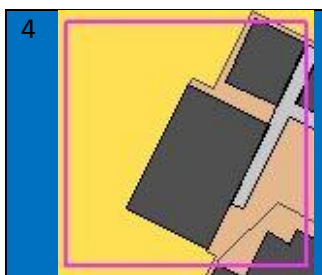
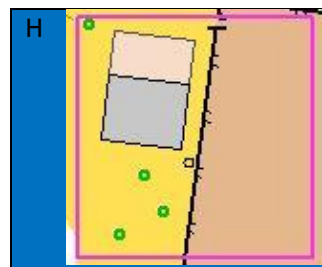
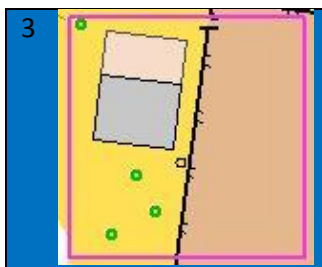
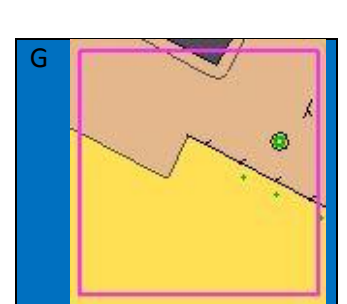
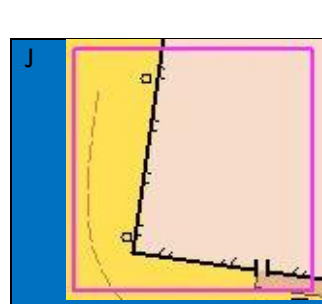
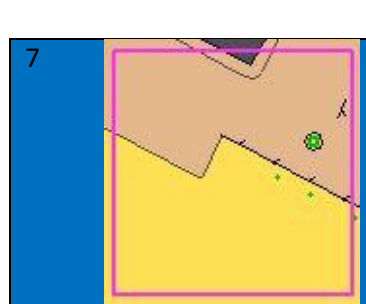
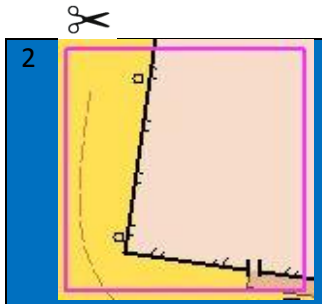
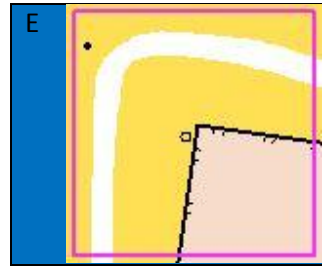
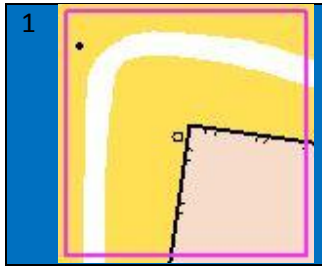
# Match the Map Set 7



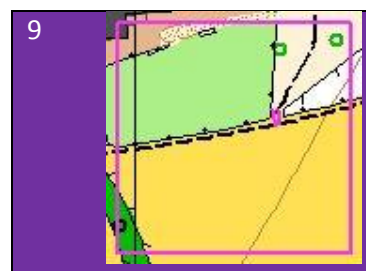
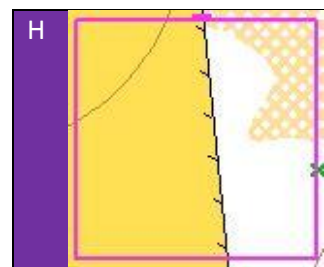
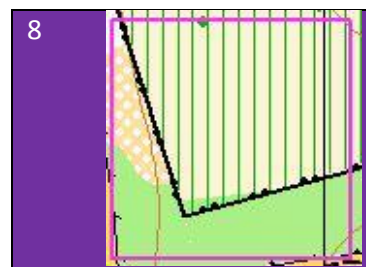
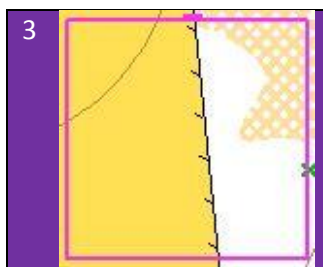
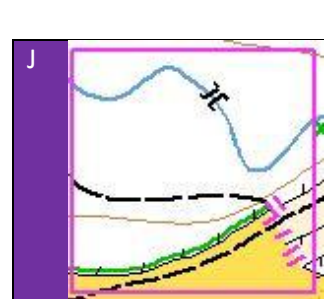
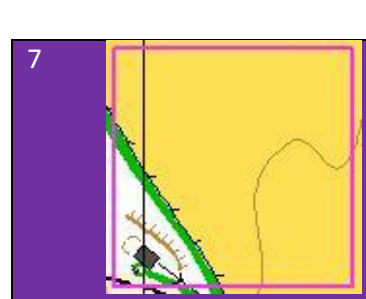
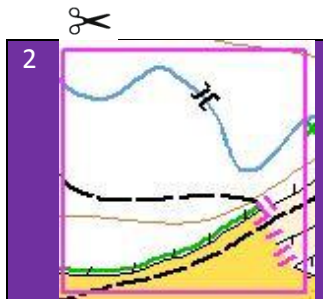
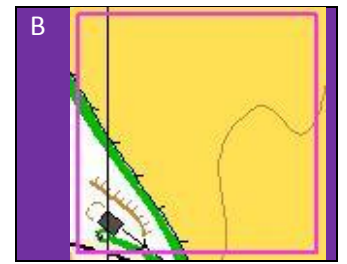
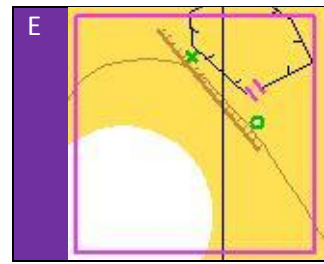
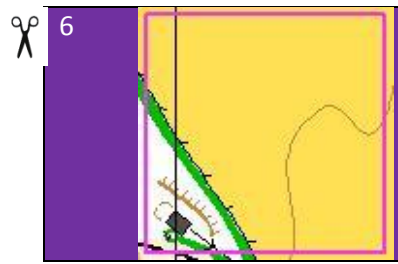
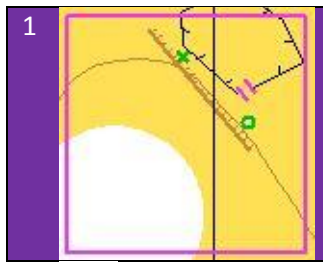
# Match the Map Set 8



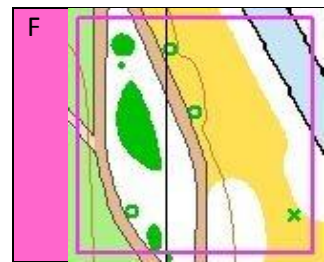
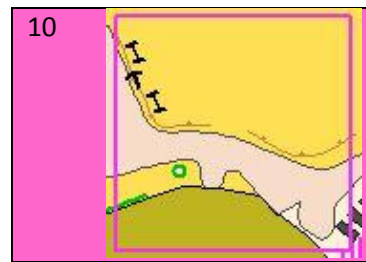
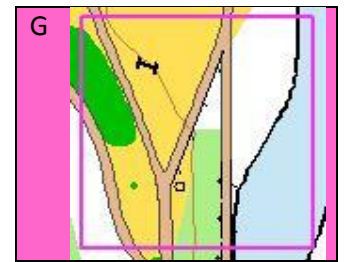
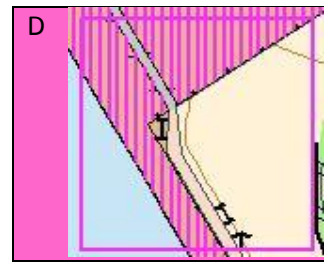
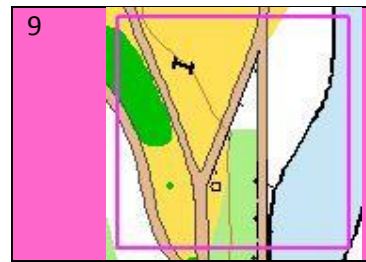
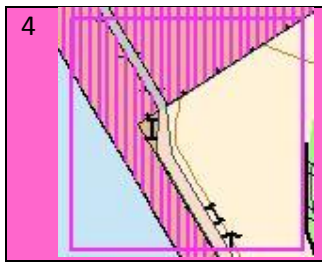
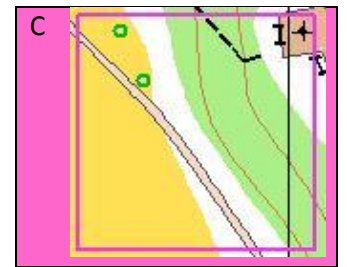
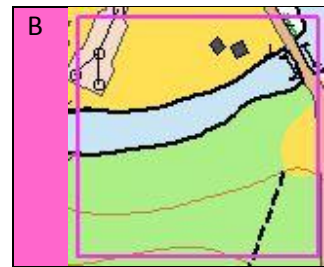
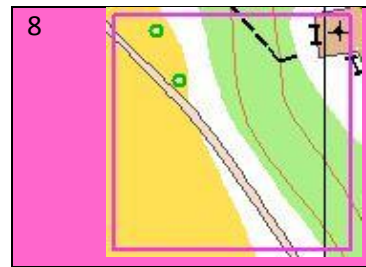
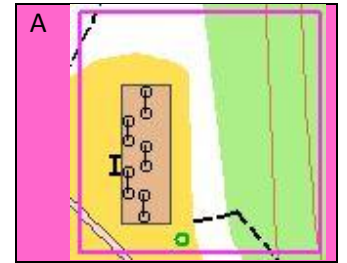
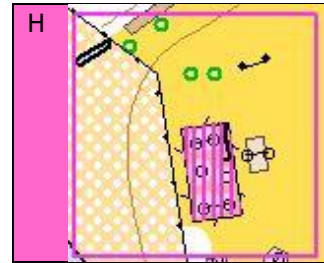
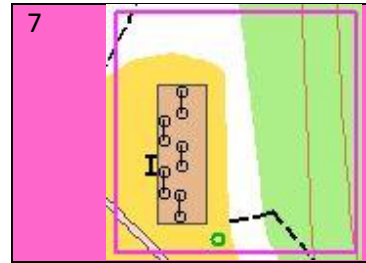
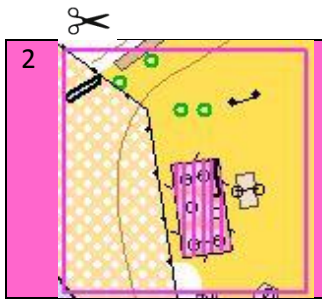
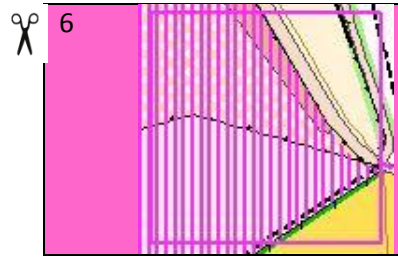
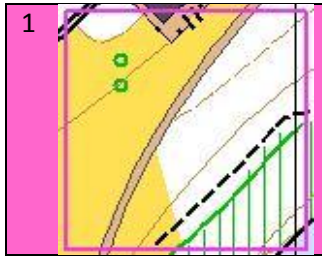
# Match the Map Set 9



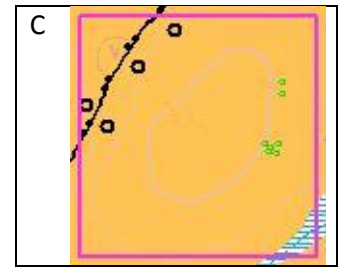
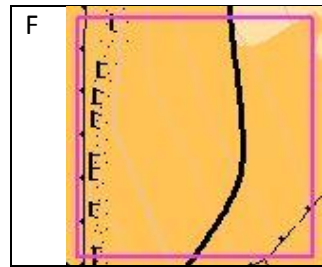
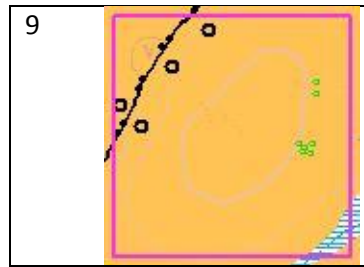
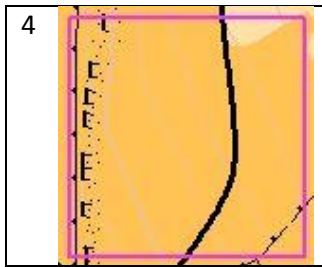
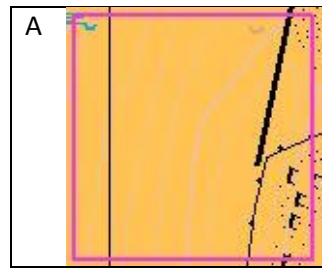
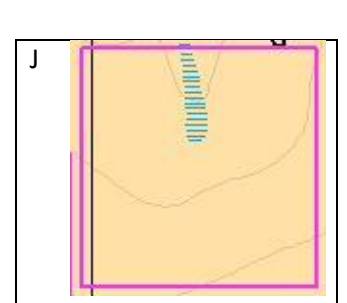
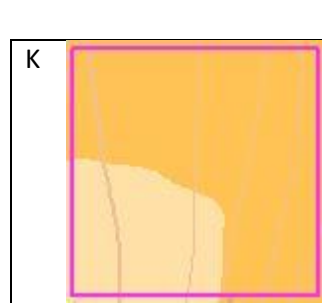
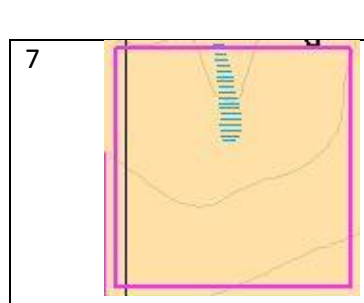
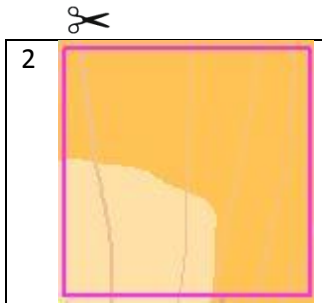
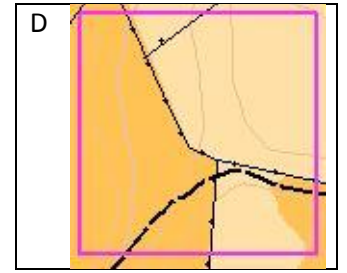
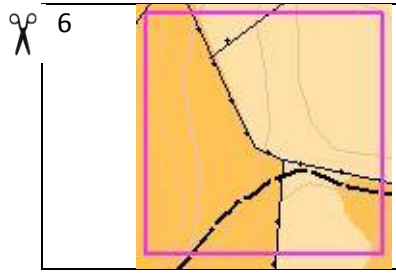
# Match the Map Set 10



# Match the Map Set 11



## Match the Map Set 12



## Answer Sheet

Set 1	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 2	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 3	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 4	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 5	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 6	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 7	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 8	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 9	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 10	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 11	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 12	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=



## Answer Sheet

Set 1	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 2	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 3	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 4	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 5	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 6	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 7	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 8	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 9	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 10	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 11	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=
Set 12	1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

## Solutions

Set 1	1=A	2=J	3=C	4=G	5=E	6=K	7=B	8=H	9=D	10=F
Set 2	1=F	2=A	3=G	4=D	5=C	6=K	7=J	8=E	9=B	10=H
Set 3	1=B	2=E	3=C	4=J	5=H	6=A	7=K	8=D	9=F	10=G
Set 4	1=C	2=D	3=G	4=F	5=K	6=E	7=J	8=H	9=A	10=B
Set 5	1=D	2=B	3=A	4=C	5=E	6=H	7=F	8=J	9=G	10=K
Set 6	1=K	2=G	3=F	4=A	5=D	6=J	7=E	8=B	9=H	10=C
Set 7	1=E	2=F	3=B	4=J	5=H	6=C	7=D	8=G	9=K	10=A
Set 8	1=J	2=C	3=D	4=A	5=B	6=G	7=H	8=K	9=E	10=F
Set 9	1=G	2=K	3=E	4=B	5=A	6=H	7=C	8=F	9=J	10=D
Set 10	1=E	2=J	3=H	4=C	5=K	6=B	7=G	8=A	9=D	10=F
Set 11	1=K	2=H	3=B	4=D	5=F	6=J	7=A	8=C	9=G	10=E
Set 12	1=B	2=K	3=A	4=F	5=G	6=D	7=J	8=E	9=C	10=H



## Solutions

Set 1	1=A	2=J	3=C	4=G	5=E	6=K	7=B	8=H	9=D	10=F
Set 2	1=F	2=A	3=G	4=D	5=C	6=K	7=J	8=E	9=B	10=H
Set 3	1=B	2=E	3=C	4=J	5=H	6=A	7=K	8=D	9=F	10=G
Set 4	1=C	2=D	3=G	4=F	5=K	6=E	7=J	8=H	9=A	10=B
Set 5	1=D	2=B	3=A	4=C	5=E	6=H	7=F	8=J	9=G	10=K
Set 6	1=K	2=G	3=F	4=A	5=D	6=J	7=E	8=B	9=H	10=C
Set 7	1=E	2=F	3=B	4=J	5=H	6=C	7=D	8=G	9=K	10=A
Set 8	1=J	2=C	3=D	4=A	5=B	6=G	7=H	8=K	9=E	10=F
Set 9	1=G	2=K	3=E	4=B	5=A	6=H	7=C	8=F	9=J	10=D
Set 10	1=E	2=J	3=H	4=C	5=K	6=B	7=G	8=A	9=D	10=F
Set 11	1=K	2=H	3=B	4=D	5=F	6=J	7=A	8=C	9=G	10=E
Set 12	1=B	2=K	3=A	4=F	5=G	6=D	7=J	8=E	9=C	10=H

