

EMC Card Games

The nine card games described below use health-related fitness movements. There are seven decks of cards (core training, muscular fitness 1, muscular fitness 2, yoga, fun stunts, dynamic flexibility, and jump rope). There are 48 cards per deck which have one of four colors and/or shapes on the cards. Within each deck, there are four Wild cards and there are numbers on each of the cards ranging from 4 to 14. To begin a game, first choose a deck of cards and then choose the game you want to play with the cards. For example, you could choose the jump rope deck of cards and the EMC High game. The games can be played individually or in groups of 2 to 4 students.

To print a deck of cards:

1. Print pages 2-13
2. Turn the paper over and print page 1 on the back of each page.
3. Use card stock and then laminate the cards.

EMC Slap

Objective: To collect all of the cards.

How to play:

1. Deal all of the cards.
2. Each player turns over one card at time.
3. After turning over the card, each player completes the activity shown on their card.
4. If the wild card appears, players try to be the first person to slap the pile.
5. If you are the first player to slap the pile, you collect all the cards that are face up.
6. If both students slap at the same time keep playing until the next Wild card appears.
7. The game concludes when one player has all of the cards.
8. Shuffle the deck of cards and play again.

EMC High

Objective: To collect all of the cards.

How to play:

1. Split the deck into two piles.
2. Each player turns over one card at time.
3. After turning over the card, the players perform the activity shown on their card.
4. The player with the highest number card, collects both cards.
5. Turn over two more cards.
6. If both cards are the same number, each player completes their card and the cards stay in the discard pile.
7. The Wild card is the highest card. If a Wild card is played, both players complete the activity on the other card.
8. Play continues until no cards remain.
9. Shuffle the deck of cards and play again.

Variation:

- Follow all of the rules but the goal is to have the LOWEST card.

EMC UNO

Objective: To get rid of all of your cards

How to play:

1. Players select seven cards.
2. The player to the left of the dealer goes first.
3. Turn the top card over onto the discard pile.
4. The players try to match the color or number that is in the discard pile.
5. The players complete the activity shown on their discarded card.
6. If they cannot match the color or number they pick up another card from the face down pile.
7. A Wild card can be played to change the color or shape. When a Wild card is played, the player gets to choose the activity to perform.
8. Before the game begins, players can decide how many or how long to perform each card. (OR players can use the numbers shown on the cards to designate how long or how many.)
9. Play continues until one player has no cards remaining.
10. Shuffle the deck of cards and play again.

EMC Go WILD (similar to “Go Fish”)

Objective: To get rid of all of your cards

How to play:

1. Players select seven cards each.
2. The player to the left of the dealer goes first.
3. Player 1 asks Player 2 if they have one of her/his cards. If Player 2 has the card then she gives the card to Partner 1 and Partner 1 completes the movement.
4. If Partner 1 asks Partner 2 if she has one of her cards and she does not, Partner 1 completes the movement that was asked and draws another card from the face down pile.
5. If a Wild card is asked the students gets to choose the activity to perform.
6. After Partner 1 asks, it is Partner 2's turn.
7. Play continues until one player has no cards remaining.
8. Shuffle the deck of cards and play again.

EMC ODD/EVEN

Objective: To collect all of either the odds or the evens.

How to play:

1. Students get into groups of two and decide who will be odd and who will be even.
2. Each student gets 10 cards.
3. Both students turn one card over.
4. If the cards are both odd, then the ‘odd’ partner decides which card will be performed.
5. After both partners perform the card. The ‘odd’ partner collects the two cards.
6. If the cards are both even, then the ‘even’ partner gets to decide which card will be performed.

7. If one card is odd and one card is even, the partners perform their own card (Odd performs the odd card and even performs the even card.) Neither of the partners collects these cards and they remain in the discard pile.
8. Both players draw a card from the face down pile.
9. The partners then turn over two more cards and play continues.
10. If a Wild card is played with an odd card then the players perform the card and the odd player gets the cards. If a Wild card is played with an even card then the players perform the even card and the even player gets the cards.
11. The teacher can decide how many or how long the students will perform each card. (OR the students can use the numbers shown on the cards to designate how long or how many.)
12. Play continues until one player has no cards remaining.
13. Shuffle the deck of cards and play again.

EMC Shuffle

Objective: To create exercise routines.

How to play:

1. The game can be played with groups of 2-8.
2. The players decide how many cards they will select. (**If it is the first time playing, select 4 cards.)
3. After the cards are selected the players arrange the cards in any order they want.
4. If a Wild card is chosen the players get to choose the activity to perform.
5. The players then complete the routine that they created.
6. Shuffle the deck of cards and play again.

EMC SNAP

Objective: To collect all the cards.

How to play:

1. This game can be played with 2 - 6 players.
2. The dealer deals out all of the cards.
3. Each player turns over their top card.
4. Players turn over their top card at the **SAME TIME**.
5. If any of the cards match (same image), the players will race to be the first one to call SNAP.
6. The players perform their card.
7. THEN the player who called "Snap" first, wins the cards and adds them to her/his pile.
8. If there are no matches, the players perform their individual card.
9. Repeat steps 4-7 until there is a player who does NOT have any cards.
10. Before the game begins, players can decide how many or how long to perform each card. (OR players can use the numbers shown on the cards to designate how long or how many.)
11. Shuffle the deck of cards and play again.

EMC Ladder

Objective: To complete the ladder sequence.

How to play:

1. Players decide how many cards will form their ladder.
2. A six ladder would mean that you and your partner are drawing six cards.
3. The players decide who will go first.
4. Player 1 turns over the first card. She/He performs the card (the number on the card designates repetitions or time.)
5. Player 2 turns over the second card. She/He performs the card.
6. Player 1 turns over the third card and so forth.
7. Once six cards have been drawn the players go back down the ladder. The players will complete the activities that they did NOT complete when going up the ladder.
8. Shuffle the deck of cards, select a new number to form the ladder, and play again.

EMC 500

Objective: To collect cards that add to 500 points or a number designated by the teacher.

How to play:

1. Players can work alone or with a partner.
2. Turn over one card.
3. Complete the activity listed on the card.
4. Turn over the next card.
5. Complete the activity listed on the card.
6. Add the numbers on the cards together.
7. Turn over the next card, complete the activity, and add the point value to the total.
8. Continue until you reach 500 points.

Variation:

1. Complete 5, 10, 15, 20, 25, or 30 repetitions or seconds for each card you turn over.
2. The number on the card represents the repetitions or the seconds you would perform.