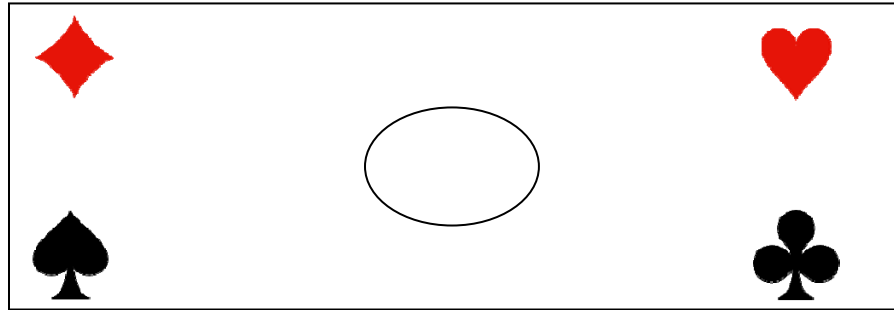


# Footloose

## Game Description and Rules:

The objective of Footloose is to collect as many cards of each suit as possible. Students are divided into small groups (2-5 per team). To play, you need several decks of cards, 4 cones, a hula hoop, station cards, and music. There are different health-related fitness topics for the station cards (i.e. muscular fitness 1 and 2, core training, yoga, and a blank version.) The diagram below shows how to set-up the activity.



### To Begin:

- (1) Students select a card. The suit tells the students which cone to go to and the number on the card tells the students how many of that activity to perform. For example, if the card is a 4 of Hearts, then the student would run to the cone designated as hearts and perform an alternating foot jump rope move four times.
- (2) After they complete the first card, students would go back to the center to select another card.
- (3) If the card is an Ace. They can go to any station they want and complete as many of any of the activities that are listed.
- (4) Teams are trying to get as many cards as they can.

## Equipment:

1. Four cones. (Station cards are taped to the cones.)
2. Three or more decks of playing cards.
3. Equipment associated with the station cards.

## Playing Space and Set-Up:

The playing space includes four cones placed into a large square with a hula hoop in the center of the space. The cards are placed in the center of the hula hoop. The larger the square the more the students are moving. See diagram above for layout.

## Game Modifications:

*Version #1:* The students will try to get three cards of each suit. If they have three diamonds but they draw another diamond, they would perform the card and then place the card back in the hula hoop before selecting another card. Once a team gets three of each suit the game is finished.

*Version #2:* Each team tries to get 500 points (or a number designated by the teacher). The students add the numbers on the cards that they collect. To play this

version, you will need to have five or more decks of cards.

*Version #3:* Each team tries to get the highest six cards in five minutes. Each team can only have six cards in their hand at one time. If a team picks up a seventh card, they must discard one of their cards back in the pile. The goal is to have the highest total before time is called.

*Version #4:* Use the blank version of the station cards to test the students' knowledge of health-related fitness. Split the students into small groups and have them write down activities associated with the topic on the card. For example, if the group received the flexibility card they could write down dynamic flexibility or static stretches. Once the students complete their cards, they can play Footloose using their cards.

*Version #5:* Have teams wear pedometers. The team that gets to a set number of steps first wins. (ex. 1000 or 2000 steps as a team). A teacher can use an average number of steps if the teams are not of equal size.

**Print Directions:**

Print the station cards on card stock and laminate.