



Playing Cards

Activity Description and Rules:

The playing cards can be used to play five different games. The topics of the cards are BOSU balls, dynamic flexibility, core fitness, push-up variety, jump rope, yoga, resistance bands, stability ball, fun stunts, and medicine balls. To begin, select the health-related fitness set of playing cards you want to work on, and then select one of the five games you want to play. For example, you could select fun stunts for the cards and Ladder for the activity. Listed below are the names of the games and how to play.

SHUFFLE

How to Play:

1. Select four cards from the pile.
2. Organize the cards (order 1st, 2nd, 3rd, 4th)
3. Decide how long to practice each card.
4. Decide how long of a rest period between each card (ex. 5 secs to 30 secs.)
5. Perform your routine.

Challenge:

- Select 6, 8, 10, or 12 cards
- Perform each card for 30 secs to 1 min.
- Do not pause between cards. (Go from card #1 directly into card #2 without a rest.)

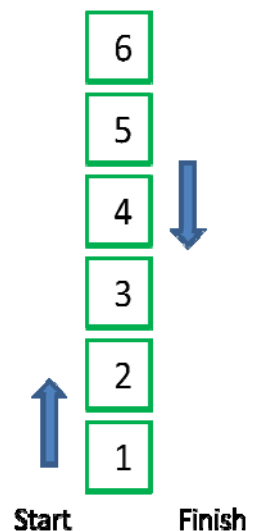
Ladder

How to Play:

1. Select six cards from the pile.
2. Organize the cards (order 1st, 2nd, 3rd, 4th, 5th, 6th)
3. Complete the 1st card 1 rep/1sec, the second card 2secs/2reps and so forth up to the 6th card.
4. Once you finish the 6th card you will complete that card again and then complete the 5th card going all the way back to 1st card. (You are going up the ladder and then back down the ladder.)
5. Decide how long of a rest period between each card (ex. 5 secs to 30 secs.)
6. Perform your routine.

Challenge:

1. Select 6, 8, 10, or 12 cards.
2. Organize the cards
3. Perform each card for 30 secs to 1 min. (You can decide on a time or repetition.)
4. Do not pause between cards. (Go from card #1 directly into card #2 without a rest.)



Partner Pick

How to Play:

1. Place the pile of cards face down.
2. Decide who will be Partner 1 and who is Partner 2
3. Partner 1 selects a card from the pile
4. Partner 1 then determines repetitions or time that Partner 2 will complete the card.
5. Partner 2 then selects a card from the pile
6. Partner 2 determines repetitions or time that Partner 2 will complete the card.
7. Play until all cards have been completed.
8. Shuffle the cards and play again.

Challenge:

1. Partner 1 selects a card and determines repetitions (20 or less) or time (30 seconds or less).
2. Then Partner 2 performs the card. If Partner 2 is able to complete the task, Partner 2 keeps the card if not Partner 1 gets the card.
3. Switch roles.
4. Play until all cards have been completed.
5. Shuffle the cards and play again.

Moving to 100

How to Play:

1. Place the pile of cards face down.
2. Partner 1 selects the first card and determines how many or for how long they will complete the movement. Once finished Partner 1 marks the space on the 100 grid.
3. Partner 2 selects a card and determines how many or for how long they will complete the movement. He completes the movement and adds their total to their partner's total. (For example, if Partner 1 did an activity for 4 seconds and Partner 2 did an activity for 7 seconds, the 11 space would be marked.)
4. Variation: Partners roll the dice to see how long or how many. (For example, Partner 1 rolls a 3. He will perform three of the card and then partner 2 will role. The partners mark the number on the card.)

The two partners are working together to get to 100.

Challenge:

1. Go from 1 to 100 and then from 100 back to 1.

1	2	3	4	5	6	7	8	9	10
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11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Add On

How to Play:

1. Place the cards face down in a pile. Set a time that you will play Add-On (2, 3, 4, or 5 minutes) and how long each card will be performed (5 – 30 secs).
2. Select one card from the pile. Perform the card.
3. Select another card from the pile.
4. Perform card one, then card two, then select a third card from the pile.
5. Perform card 1, then card 2, then card 3 and select a fourth card from the pile.
6. Continue until the time is up.

Challenge:

1. Set a time of 10-15 seconds for each card and overall time of 4 minutes.

Equipment:

1. Set of cards
2. Equipment associated with the content of the cards

Playing Area:

Students are in general space with a partner or by themselves.

Printing Directions:

Print the cards on card stock and use 3 mil laminating paper when laminating the cards.