

PLAY YOUR CARDS RIGHT AND INCREASE PHYSICAL ACTIVITY!

2015 SHAPE AMERICA CONVENTION

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Partner Search

As the students enter the gym, give them a playing card. Students will then begin to search for a match. When they locate a match, same suit, number, color or all of the above, they will then complete the assigned activity with this new partner.

Best Math Buds

2-3 decks of playing cards spread out in center of playing area (inside track)
Students form partners and begin walking/jogging around the "track". On Go signal from teacher, Partner 1 moves to center to get two playing cards and returns to partner 2. Once there, Partner 1 shows cards to partner 2. Partner 2 either adds or multiplies the two cards and gives an answer. If the two agree he/she is correct, Partner 2 returns the cards to get two more cards for Partner 1 who is moving around the track. (perhaps have a multiplication sheet available for card runner to hold for review). Continue as desired. Note: remind students no to "run away" from their partner who is bringing them cards. Change math and locomotor skill as desired. The # cards are face value, face cards = 10, Aces 11, joker 12 or 0.

Moving Cards

Students split into movers and taggers. Taggers hold a playing card. Taggers attempt to safely tag a student. Once tagged, the mover must take the card and do the assigned skill (either designated by # on card, student tagger, teacher or other-poster, list on projector). Taggers are only those who hold the playing card.

Curl Up Cards

Students sit side by side facing opposite directions in a curl up position. There is a stack of playing cards between the two students. Start in the "up position" then together do one curl-up. When the students are back up, they both take one card. The student who has the highest card keeps both cards.

Variation: do the activity in a push up position

Who's the Boss?

Place signs with the four card suits in different places in the room. At each sign include 2-3 Fitness task cards. Give each student a playing card and have them start walking around the room. Each time they pass another student they trade cards. When the music stops, students go to the sign that has the suit on their card. The student with the highest card gets to select the activity the group will perform. When the music starts, students begin walking again.

No Joke

Groups of 3-5

Equipment: 3 decks of cards face down and shuffled in the center of the group, with several joker cards. Students take turns turning over a card and performing the skills related to the number or face of each card. When a JOKER appears, the student who turned it over must place it and all of their other cards under the main stack of cards and starts over with zero cards. All others continue until another JOKER appears. Exercises can be based on the components of fitness or changed during the activity. I.E. Face cards 10 repetitions of any cardio activity (jumping jacks, cross crawls, jog in place, etc), Aces can be 10 count stretches, and # cards can be calisthenic exercises - push ups, sit ups, etc.

Slap Jack

Students are in small groups (no more than 4-5) and the deck of cards is in the middle of the group. On the start signal, all students are in the push up (or modified push up position). Students take turns turning over a card just like in the game of "Slap Jack". When a Jack is turned over the first person to slap the deck gets all of the cards. Continue the game until there are no cards left, determine who has the most cards and start the game again.

Variation: Designate a suit that is to be slapped, or a math problem (i.e. odd or even numbers, numbers that are divisible by 2, etc.).

Memor-Ex

Students form partners or small groups of 3 on the side lines. All students engage in setting up a card "grave yard". Allow students to turn cards face down starting from the center of the playing area out. in lines vertical and horizontal leaving some space for walking in between. Once created, "on go" students will take turns moving to grave yard to remember where pairs of cards are. Pairs can be number, or suits or colors or all three. Goal: teams attempt to collect the most pairs as designated by teacher. Be sure to remind students to turn their cards back over as they finish each turn.

Ups and Downs

Several decks of cards spread all over playing area. Split class in to two groups "Numbers" or "Colors". On "go" students work in personal space to turn cards # side up or color side up.

Fitness Battle

Partners work with a stack of Task Cards (4 or more) and a stack of playing cards. Both partners turn a playing card over at the same time. The person with the highest card chooses an exercise from the task cards for the other partner to do. Reps can be designated prior or designated by the number on the playing card.

Killer Cramp

Make sure you have only one Ace in your deck of cards for this activity. Students are each handed one card. The student who holds the only ACE card is the **secret** "Cramper". The "Cramper" moves about the playing area giving a subtle wink to other students. Once a wink is given, the student will then dramatize a killer muscle cramp and sit down. The goal is to see who can guess who the "Cramper" is before all have been eliminated.

Flash Card Rock, Paper, Scissors

Each person has a flash card or a card with something relevant to the content area being taught. Find a partner and play a round of “jumping rock, paper, scissors”. If you land with feet together, it is rock, feet in a straddle position is paper, and on foot in front of the other is scissors. The person who wins asks their partner the question on the flash card, both people trade cards and find a new partner.

Variation: Use a deck of playing cards and give each student 4 cards for their “hand”. After the round of “jumping rock, paper scissors” is complete, the winner gets to choose a card from the hand of the person they played. Stop periodically and have students look at their “hand” and ask them to figure out the answer to one of these questions:

- Add your cards up and see what the total is (face cards are 10 points others number value). Call out a number starting with 10 and have them raise their hand if they have more than the number you call.
- How many pairs do you have?
- Do you have at least 3 cards in one suit?
- Turn the cards over and look at the back, do you have at least 2 pairs?
- Do you have two cards that when they are added together total (choose a number).
- Do you have three cards that when they are added together total (choose a number).

Notes:

Many of these activities can be utilized by classroom teachers. We encourage you to provide new ideas to your teachers so students can be physically active throughout the school day. If you are not currently participating in the “Let’s Move! Active Schools” project, consider registering your school at www.letsmoveschools.org

Rather than create your own fitness activities you can use Skillastics Fitness or Fitness Extreme Cards, Fit Deck Cards, or other commercially made fitness cards.