

Participants perform exercises according to playing cards dealt to them.



Setup

- Deal five playing cards to each participant.
- Write movements down on paper to help participants remember.

Safety

- Spatial awareness

- Each participant aims to complete the exercises according to the suit of each card:
 - Clubs = push-ups
 - Hearts = laps
 - Diamonds = planks
 - Spades = Dynamics (high knees or butt kicks)
- The number on the card represents the number of each exercise to complete. For example, 5 of clubs = 5 push ups; 7 of diamonds = 7-second plank.
- Participants manage themselves.
- Repeat activity several times.

Modifications

- Add hops and jumps, balance on one foot, or skipping.
- Encourage participants to hop, skip, or jump around the playing area.
- Let participants decide what movement goes with each suit.