



Participants perform exercises according to playing cards dealt to them.



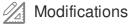


- Deal five playing cards to each participant.
- Write movements down on paper to help participants remember.



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.



- 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.