

Moving With Cards

<i>Time:</i> 43 min	<i>Facility:</i> Gymnasium
<i>Equipment:</i> music (optional), 2 or more decks of cards	<i>Physical Activity Level:</i> vigorous

GLO

Students will interact positively with others

Students will

Teamwork

C7-5 select and apply practices that contribute to teamwork

Safety

- Remind students to be cautious when moving and to be aware of the personal space of others

Warm-up:

- Have students start walking on the spot with a variety of steps (e.g. narrow, wide), pumping their arms back and fourth
- Have students gradually increase their speed every 30 seconds. Ask them to imagine that they are walking on the beach in deep sand, then walking home from school, then running a race.
- Lead or have a student lead a stretching routine

Activity: Moving with Cards

- Have the students move around the gym, using different locomotion patterns and passing playing cards to each other, while the music is playing
- Stop the music every 30-45 seconds. When the music has stopped, the students get into groups based on their playing cards
- Have each group get together in a safe area and do the activity identified by the suit of the cards. Groups will perform the activity the same number as times as the number on the card (3 for a 3, 11 for a jack, 12 for a queen, 13 for a king, 14 for an ace)

Hearts- jumping jacks

Diamonds- star jumps

Spades- tuck jumps

Clubs- knee lifts

Activity 2 : Rounding Up the Cards

- Scatter the playing cards from the two decks around the middle of the activity area
- Have students move around the outside of the area three times in a variety of ways. Before starting, outline to students the different ways of locomotion. (first lap-jogging, second lap-speed walking, third lap-galloping)
- After students have completed their three laps, have them go into the middle of the activity area and choose one card. Students then return to the outside of the activity area and do three more laps.
- Once the number of students cards total 30 (ace=14), have the students move into a designated area. The students choose an activity to do (jumping jacks). When a student enters the designated area, he or she choose a new activity for all of the students in the designated area to do.

- Have student continue until all students in the designated area and have chosen an activity.

Cool Down

- Have students move slowly (walking) around the activity area
- Lead or have a student lead a stretching routine

Variations

- Have students do Moving with Cards individually instead of in groups

Notes for Teacher

- Post a list or chart of different fitness activities that could be used in Moving with Cards

Planning Notes and Reflection