

Card Fitness

Grade: 2-5

Time: 30 minutes

Objectives:

- Students will complete the task for as many cards in the time allowed
- Students will develop muscular strength and endurance.

Materials:

- Jumbo Playing Cards
- Suit Activity Signs

Set Up:

- Place all the playing cards in the middle of the playing area face down.
- Tape or post the suit activity signs, 1 on each wall, around the playing area.

Directions:

- On the signal “Go” students will run and grab one playing card.
- The students will then run to the matching suit sign of their playing card.
- The students will perform the exercise associated with the number and suit they drew.
- Once they finish the exercise, they run back to the playing cards, place their card face down, and draw another card.
- The students will keep track of the number of cards they completed until time has ended.

Variation:

- Change up the activities to be funny and different. See extra suit signs for example.
- Use this activity as a review for your student.
- Write a review question for each playing card and suit. The students can answer the question and then perform the exercise.

National Physical Education Standards:

Standard 1

Standard 2

Standard 4

Oklahoma Academic Standards – Physical Education:

S1.E1, S1.E2

S2.E2

S4.E1, S4.E2, S4.E4, S4.E5, S4.E6

CASEL Competencies:



Social Awareness
Relationship Skills

Resources:

Spiller. M. (2014). *Let's "P.L.A.Y" Workshop 2014*. Okmulgee, OK: MCN Dome
Claude Cox Omniplex.





Hearts

Ace- 6 push ups

2- 2 mountain climbers

3- 3 squats

4- 4 sit-ups

5- 5 crunches

6- 6 knees to elbows

7- 2 burpees

8- Jump rope 8 times

9- 9 arm circles

10- 10 lunges

Jack- 11 jumping jacks

Queen- 5 hot seats

King- 13 second plank



Diamonds

Ace- 2 mountain
climbers

2- 4 burpees

3- 3 push ups

4- 4 squats

5- 5 arm circles

6- Jump rope 6 times

7- 7 arm circles

8- 8 hot seats

9- 9 hot seats

10- Crunches

Jack- 11 Jumping Jacks

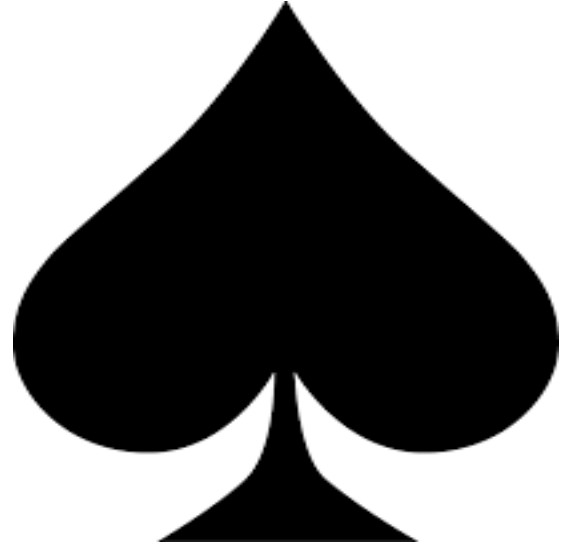
Queen- 12 second plank

King- 13 knees to elbows



Spades

- Ace- 6 push ups
- 2- 2 mountain climbers
- 3- 3 squats
- 4- 4 sit-ups
- 5- 5 crunches
- 6- 6 knees to elbows
- 7- 2 burpees
- 8- Jump rope 8 times
- 9- 9 arm circles
- 10- 10 lunges
- Jack- 11 jumping jacks
- Queen- 5 hot seats
- King- 13 second plank



Clubs

Ace- 6 push ups

2- 2 mountain climbers

3- 3 squats

4- 4 sit-ups

5- 5 crunches

6- 6 knees to elbows

7- 2 burpees

8- Jump rope 8 times

9- 9 arm circles

10- 10 lunges

Jack- 11 jumping jacks

Queen- 5 hot seats



King- 13 second plank

