

Card Horse Race

Grade: 3-5

Time: 20 minutes

Objectives:

- Students will practice listening skills.
- Students will complete the game using locomotor skills.

Materials:

- Cones
- 1-2 Deck of Cards

Set Up:

- Set up 7 cones to create a large rectangle track.
- Place deck of cards in the middle of the rectangle (start/finish).

Directions:

- The game will start with 4 teams – 1 per suit (clubs, hearts, diamonds, and spades).
- Teams will start in the middle of the rectangle track.
- Designate one student to turn over cards one at a time and call out the suit.
- If a team's suit is called they will run (walk, jog, skip, gallop, etc.) to the first cone.
- Each time the team's suit is called they will run to the next cone.
- If the team's suit is not called they must stay at the cone.
- The first team to get back to the middle of the rectangle track wins.

Variations:

- While students are waiting at a cone have them perform specific exercises. For example, jumping jacks, plank, sit-ups, etc.

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:

Robinson, S. (2019). *Sit Less, Move More, Learn Better Workshop 2019*. Tulsa, OK :
Tulsa City-County Health Department.

