

FITNESS DECK

Grades: 3 and up

Equipment: 6 hula-hoops of multiple colors, 4 decks of cards, 2 mats, 8 jump ropes, Diamond, Club, Heart and Spade station cards and lively music

Set up:

*Place the 4 station cards on the walls of the gym. An example would be

Hearts = Jump rope, Spade = Mountain climbers, Diamonds = Jumping jacks and

Clubs = curl-ups

*Place 2 hula-hoops in the center of the room with cards scattered upside down in the hoops

*Place the remaining 4 hoops in each corner of the gym

*The corner hoops are the home base for each team

How we play:

Divide the class into 4 teams, one at each corner

On "go", each person from the team goes to the center hoop (safely and all at once by corner groups) and picks up 1 card. Depending on what the card is, go to that station and do that many of the exercise. When finished, place the card back in your home base hoop, and repeat until all center cards are gone.

King, Queen and Jack = 10 repetitions of an exercise

2 - 10 = that same number of exercises

Ace = only 1 of an exercise

Joker = free choice of stations and choice of # of repetitions

Fitness levels: Stop students once or twice during the activity to take a pulse check. Students learn how to monitor the level of their workout!

Activity is done when the center cards are gone or teacher calls time limit. Students return to assigned area to walk and stretch. One helper from each team gathers up cards and hoops to put away.

Safety:

*Stagger start the groups so heads don't bonk in the center.

*Be sure to watch where you are going, as all students are moving about the room working out, station to station.

*Set jump ropes down, no throwing.