



Name of activity: <b>Quick, Easy &amp; Fun Physical Activity</b>
This activity would work best for (check off all that apply):  <input checked="" type="checkbox"/> Students in grades JK – 1 <input checked="" type="checkbox"/> Students in grades 2 – 4 <input type="checkbox"/> Students in grades 5 – 8 <input type="checkbox"/> Students in grades 9 – 12
What you need for this activity (list of materials):  <b>One standard deck of playing cards, and ideas for easy physical activities.</b>
What you need to do, step by step (clear, step-by-step instructions which will be easily understood by parents / guardians / caregivers):  <b>1. Using the regular deck of cards, identify and exercise or movement for each suit (hearts, diamonds, spades and clubs). 2. Pull a card from the deck at random. 3. The children / students have to do the appropriate exercise, according to suit, for the number of times shown on the card (J = 11; Q= 12; K = 13). 4. Continue for as long as required / desirable.</b>
How you could easily adapt / change this activity:  <ul style="list-style-type: none"><li>▪ <b>Include jokers and/or designate other wild cards; if drawn, then the child / student can decide what exercise or movement to do and how many times.</b></li><li>▪ <b>Choose two cards: add the numbers together (or subtract) for the number of repetitions, and students can choose between the two different activities (suits).</b></li><li>▪ <b>Older children can use more difficult exercises or movements.</b></li><li>▪ <b>Instead of movements, the suits could become objects, and the activity turns into an indoor or outdoor treasure hunt.</b></li></ul>