





◆ DECK OF FUN

|                   |   |                                    |   |                   |                   |   |                  |                   |   |               |               |   |                                       |
|-------------------|---|------------------------------------|---|-------------------|-------------------|---|------------------|-------------------|---|---------------|---------------|---|---------------------------------------|
| General Outcomes  |  |                                    |  |                   |                   |  |                  |                   |  |               |               |   |                                       |
|                   | <b>Activities</b>   |                                    | <b>Benefits Health</b>  |                   |                   | <b>Cooperation</b>  |                  |                   | <b>Do It Daily...For Life</b>   |               |               |   |                                       |
| Specific Outcomes | <i>Basic Skills</i>   | <i>Application of Basic Skills</i> | <i>Functional Fitness</i>   | <i>Body Image</i> | <i>Well-Being</i> | <i>Communication</i>  | <i>Fair Play</i> | <i>Leadership</i> | <i>Team Work</i>  | <i>Effort</i> | <i>Safety</i> | <i>Goal Setting/ Personal Challenge</i> | <i>Active Living In The Community</i> |
|                   | A(K-6)-1  | A(K-6)-12                          |   |                   |                   |   |                  |                   | C(K-6)-5  |               |               |   |                                       |

**Equipment:** 5-6 decks of playing cards

**Organization:** Have the students assign an individual activity, representative of each component of fitness (i.e., cardiovascular endurance, flexibility, strength) to each suit of a deck of playing cards; i.e., hearts = bench step ups (cardio), clubs = wall sprints (cardio), spades = v-sit (strength), diamonds = hamstring stretch (flexibility). Each group of 4-5 students is given half a deck of cards. On the signal to begin, a group leader deals each group member one card and then remainder of the deck is placed on a bench or in a pocket. Simultaneously, everyone turns over his or her card.

Each student is then challenged to complete the activity on the card (jack of spades = v-sit for 11 seconds) before another group hand can be dealt. Once your required activity is completed, help teammates compete their activities to be able to deal another hand more quickly. The group challenge is to deal all of the cards and complete all activities. Aces are bonus cards, if one group member turns over an ace, all other activities do not need to be completed – all group members travel together to touch all four walls and then deal another hand.

**Variation/Inclusion:** Consider having autistic students or those with ADHD work with only one partner to decrease the distraction of working with a large group. Where possible, provide a picture of each activity. Try Full House! Have groups of 4-5 students travel through an obstacle course or complete laps of the field at their own pace. With every completed lap, every student receives a playing card. Groups must communicate throughout the activity as they try to build a full house (3 of one card, 2 of another, i.e., 3 kings, 2 aces).