

<h2>Fitness Card Fun</h2>	Time 20 minutes	Facility <input checked="" type="checkbox"/> Classroom <input checked="" type="checkbox"/> Multipurpose <input checked="" type="checkbox"/> Gymnasium <input type="checkbox"/> Outdoors	
Equipment Five decks of playing cards, activity chart, scrap paper, pylons (optional)		Physical Activity Level <input checked="" type="checkbox"/> Moderate <input checked="" type="checkbox"/> Vigorous	
<h3>Safety</h3> <ul style="list-style-type: none"> ● Remind students to be cautious when moving and to be aware of the personal space of others. ● Take into consideration the size of the facility when specifying movements to be performed. 			
<h3>Warm-up</h3> <ul style="list-style-type: none"> ● Give each student two sheets of paper. Have students place both sheets on the floor and put one foot firmly on each sheet. Challenge students to move or “skate” around the activity area in different directions, gradually increasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). <h3>Activity 1: Line Tag</h3> <p>(Adapted from: CIRA Ontario, <i>Everybody Move: Daily Vigorous Physical Activity</i>, 2005)</p> <ul style="list-style-type: none"> ● Arrange desks or pylons in straight lines with spaces between them. ● Select 2–4 students to be it. ● Have all other students speed-skate around the activity area on the sheets of paper used in the warm-up. Students can only proceed forward, moving up and down the aisles between the desks or pylons. Students cannot turn around unless they meet up with a student who is going the opposite direction, or reach the edge of the desks or pylons. If this happens, the student(s) must turn around and go in a different direction. ● Have the students who are “it” try to tag the other students. Students who are tagged must move to a designated activity area and march on the spot 20 times before returning to the game. <h3>Activity 2: Fitness Card Fun</h3> <ul style="list-style-type: none"> ● Divide the class into groups of 4–6. Place decks of playing cards in several locations around the activity area. ● Have one student in each group (the leader) draw one card from a deck of cards. The suit of the card designates a specific activity area for the group and the method of getting there (e.g., hearts – skip to the right corner; spades – hop to the middle; clubs – speed-walk to a pylon; diamonds – jog to the left corner). ● Have students perform an activity designated by the number on the card that was drawn. Here is a sample activity chart for all cards: <ul style="list-style-type: none"> ○ 2 = 8 jumping jacks; 3 = 8 squats; 4 = 8 heel touches; 5 = 8 star jumps; 6 = 8 wall push-ups; 7 = 16 jumping jacks; 8 = 16 squats; 9 = 16 heel touches; 10 = 16 star jumps; jack = 16 wall push-ups; queen = jogging on the spot for 30 steps; king = 8 hops on each foot; ace = free choice of any activity ● Once the entire group completes the activity task, have the students move back to a deck of cards and draw a new card. This activity continues until all students have had an opportunity to be the leader. <h3>Cool-down</h3> <ul style="list-style-type: none"> ● Give each student two sheets of paper. Have students place the sheets on the floor and put one foot firmly on each sheet. Students move or “skate” around the activity area, slowly decreasing their speed. ● Lead, or have a student lead, a stretching routine (see Appendix C for sample stretches). 			
<h3>Variations</h3> <ul style="list-style-type: none"> ● Have students create an activity chart for the cards prior to the activity, and lead the class in those activities. 			
<h3>Notes for Teachers</h3> <ul style="list-style-type: none"> ● Discuss with students their favourite physical activities that they do at home. Challenge students to participate in one physical activity this week with their families. 		<h3>Planning Notes and Reflection</h3>	