

Fitness Deck of Cards



Lesson Objective

The students will be able to
perform 4 fitness exercises



Equipment Needed

What household items are needed for this activity?

1. A Deck of playing cards **OR** 4 sheets of different colored paper (each color representing a fitness exercise) cut into small pieces with numbers on them where students can pull from.



Lesson Procedures

1. Flip the top card over
2. Perform the designated exercise with the number on the card and continue through the deck
3. Cards represent:
 - a. Diamonds - Arm circles
 - b. Hearts - Jog in place
 - c. Spades - High knees
 - d. Clubs - Butterfly stretch

Modifications (how to make easier or harder):

- If you do not have a deck of cards you can cut small pieces of colored paper (4 colors) and put various numbers on the paper.
- Modify the exercises to make them more challenging (use weights, exercise bands, etc.).



Additional Resources (online or printed)

- Go to the [fitness section](#) of the Adapted PE Website
- [picture](#) of Playing Cards and matching Exercises