

Movement In The Arts

Grades K-2

Fitness Poker

Equipment Needed: A deck of cards and a flat surface

Rules: You or a family member can turn over one card at a time from your deck of cards. For each suit in the deck, you can create a workout plan.

For example:

Clubs: Sit-ups

Diamonds: Jumping Jacks

Spades: Plank position

Hearts: Push ups

Let's pretend the first card that was flipped over is the 3 of hearts. The student would then **try their best** to do 3 push ups.

If a Jack, Queen or King get turned over, the student gets to rest for 15 seconds!

Some of the higher numbered cards (7,8,9) may be a tough challenge for some students so as long as they **try their best** you can move on to the next card.

Most importantly, have fun and see how far through the deck you can get before getting too tired!!!!