

Hearts-clubs-diamonds-spades

Time: 20 minutes

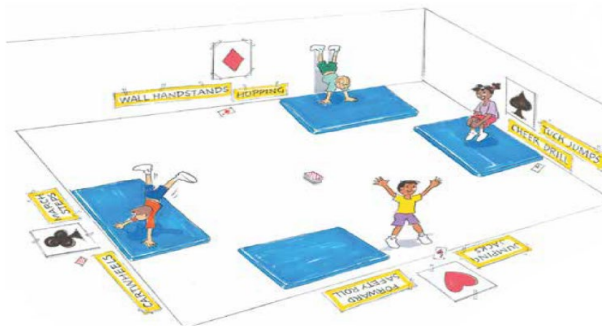
Activity

Partner/group

- Players begin in the middle of the room and pick up one card each off the ground.
- They then run to the wall/area that matches the suit of the card.
- Each has a selection of skills/activities, for example, at the 'hearts' wall, the card might read 'star jumps'.
- Players perform the exercise the number of times indicated by the playing card.
- Once the skill is completed, the player keeps the card and runs to the middle to select another card and repeats the process.

Scoring

- Play for a set amount of time, or until all cards in the deck have been taken.
- Players score 1 point per card collected.



Equipment

- A deck of playing cards.
- 4 posters with pictures or descriptions of various skills or activities (e.g. burpees, frog hops, lunges, star jumps).
- Wall space to display the posters.
- Music and a music player (optional).



Activity variations

- Play in pairs – one person rests while the other completes the exercise.

