

8. Card Suits

Description

Invite the pupils to stand on their own spot marker and to begin walking on the spot. Using an oversized deck of cards, assign an action to each suit in the deck, such as:

- **Diamonds** - lunges
- **Hearts** - Jump as high as possible
- **Spades** - Squats
- **Clubs** - Star jumps.

The teacher begins by turning over the cards one by one. The suit on the card indicates the action the pupils must perform, while the number indicates the repetitions e.g., 10 of diamonds means 10 lunges. Picture cards can represent 10 also. Jokers can represent a jog around the playing area.

Equipment

- Deck of cards
- Spot markers

Variations

- Only use two suits until pupils become familiar with the actions.
- Picture cards can represent a new activity to make it more difficult.
- Invite pupils to identify new actions for each suit, including new actions for picture cards and the joker.

