

Deck of Cards Physical Activity Break

Supplies needed: deck of cards

Shuffle deck of cards. Draw 5-7 cards and lay them out. Use the suit to determine what the activity will be and the number on the card to determine the number of repetitions.

Here are some examples:

King, Queen, Jack: 10 repetitions

Numbers 2-9: do the corresponding number of repetitions

Ace: Free choice! (x 10 seconds)

Diamonds: pushups, wall pushups, desk pushups, arm circles

Hearts: jog in place, lunges, burpees

Spades: crunches, sit ups, squats

Clubs: knee lifts, ski jumps, jumping jacks

Example: 3 of hearts, 5 of diamonds, 9 of spades, 2 of clubs, 9 of clubs, 6 of spades are drawn.

Do: 3 pushups, 5 lunges, 9 squats, 2 jumping jacks, 9 jumping jacks, and 6 squats

