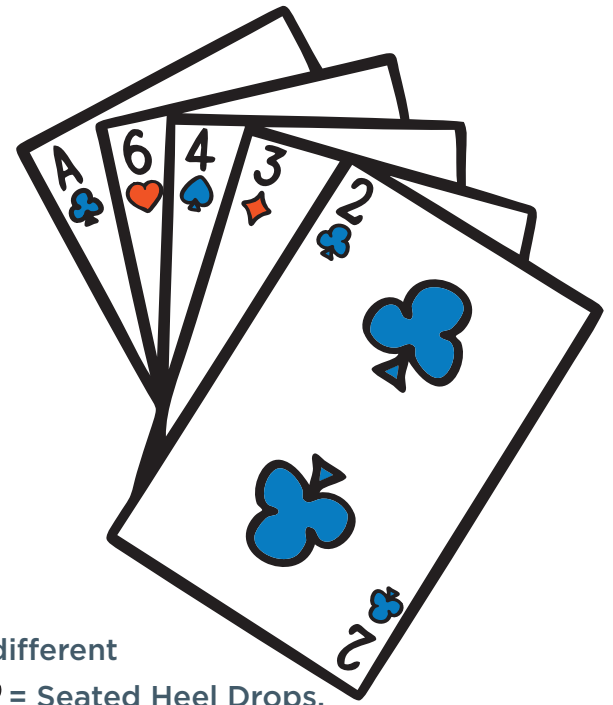


FITNESS WAR

GAME GUIDE



Game time: 10 minutes

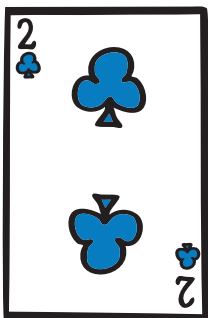
Set up: Every suit in the deck of cards represents a different fitness movement (♦ = Squat Jumps, ♠ = Kickouts, ♥ = Seated Heel Drops, ♣ = Seal Jacks) and the card value equals the number of times to perform the movement (Jacks = 12, Queens = 13, Kings = 14, Ace = 15).

Divide the class into pairs and give each pair a deck of playing cards. Have one player divide the deck evenly between the two players.

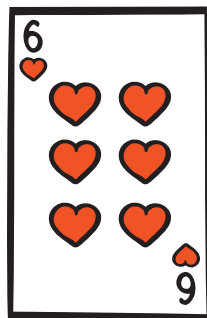
Instructions: In unison, both players turn over one card at a time. The player with the higher value card performs the fitness movement associated with the suit and value of the card, see examples below. After completing the movement, the player collects both the cards and adds it to their pile. The player with the most cards at the end of time, wins the game.

If time allows, change pairs and play again.

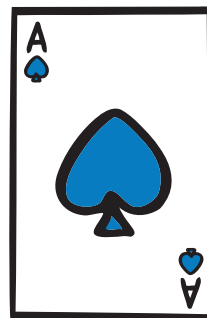
Examples:



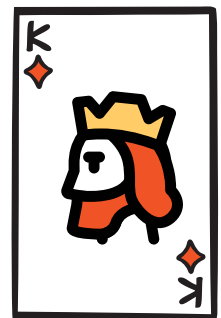
(2) Seal Jacks



(6) Seated Heel Drops



(15) Kickouts



(14) Squat Jumps



FIT KIDS[®]

www.fitkids.org



@fitkidsfoundation



@fitkidsfoundation