

**Print this and give one to your pupils to take home**



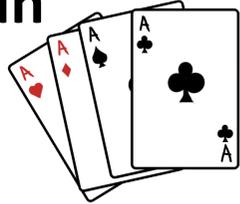
## **Cards fitness fun**

**What you need:** Pack of cards

**People:** 1 or more

**How to play:**

- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Can you complete the pack?



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