

Full Deck Flip

STAY ACTIVE!



Full Deck Flip is a fast-paced physical challenge where participants use a deck of playing cards to determine their exercises. Each suit represents a different exercise, and players aim to complete the entire deck as quickly as possible.



Learning Intentions

Promote Physical Fitness and Endurance:

Students will engage in various exercises, improving their overall physical fitness, strength, and endurance while working through the deck of cards.

Encourage Speed and Motivation:

Students will be motivated to complete the exercises as quickly as possible, building their cardiovascular fitness and encouraging perseverance in the face of physical challenges.

Foster Engagement and Fun in Fitness:

Students will enjoy a dynamic and unpredictable workout by incorporating the random element of card draws, making fitness routines more engaging and playful.



Success Criteria

Completion of All Exercises:

Students successfully complete the exercises assigned to each card in the deck, showing persistence and effort in working through the entire deck.

Maintaining Focus and Speed:

Students stay focused and work efficiently to complete the deck as quickly as possible, demonstrating motivation and commitment to the challenge.

Positive Attitude and Enjoyment:

Students engage with the game positively and enthusiastically, enjoying the playful competition and unpredictability of the exercise routines while supporting their peers or teammates.



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Objective:

Full Deck Flip is a fast-paced physical challenge where participants use a deck of playing cards to determine their exercises. Each suit represents a different exercise, and players aim to complete the entire deck as quickly as possible.

Players:

Playable individually, in groups, or as a challenge against others.

Materials:

- A standard deck of playing cards.
- Space for physical activity.

Setup:

Shuffle the deck of cards and place it within easy reach of participants.

Gameplay:

- **Card Flip:** Players flip over cards one at a time and perform the exercise associated with the suit of the card. You can alter the amount of cards each student or team gets. Eg, A player receives 10 random cards from the deck.
- **Exercise Assignments:** Each suit corresponds to a different exercise:
 - **Hearts:** Push-ups
 - **Diamonds:** Star Jumps
 - **Spades:** Sit-ups
 - **Clubs:** Squats
- **Jokers:** Special exercises are assigned for Jokers like 10 squat jumps or a 200-metre run.
- **Cycle Through Deck:** The goal is to complete the exercises for each card in the deck.

Winning the Game:

The challenge is to finish the entire deck as quickly as possible.

Variations for Different Settings:

- **Fitness Edition:** Adjust the number of repetitions or types of exercises to suit fitness levels.
- **Team Edition:** Teams can divide the deck and share the exercises among members.
- **Time Challenge:** Record the time taken to complete the deck and try to beat personal or group records in subsequent rounds.

Additional Notes:

- Full Deck Flip is an excellent way to incorporate variety and unpredictability into a workout.
- It's a fun and engaging challenge that can be adapted for different skill levels and group sizes.
- The game adds a playful competitive element to fitness routines, suitable for all ages.