

# Build Em Up Cards



It is a team-based game where participants collect playing cards by running to a deck placed at a distance and performing exercises corresponding to each card. The goal is to accumulate the highest number of cards and complete the associated exercises within a set timeframe or before the deck runs out.



## Learning Intentions

### Promote Physical Fitness and Endurance:

Students will engage in a variety of exercises while running and performing physical challenges, improving their fitness, strength, and endurance.

### Encourage Teamwork and Communication:

Students will work collaboratively in teams, taking turns and supporting each other to collect cards and complete exercises, fostering teamwork and effective communication.

### Develop Strategic Thinking and Quick Decision-Making:

Students will practice strategic thinking by deciding the order of tasks, maximising efficiency, and managing team roles to collect the most cards within the set timeframe.



## Success Criteria

### Active Participation in Card Collection and Exercise:

Students participate actively by running to collect cards, returning to their teams, and completing the corresponding exercises enthusiastically and effortlessly.

### Effective Team Collaboration:

Students work well within their teams, communicating effectively and encouraging one another to stay motivated and complete tasks efficiently.

### Demonstration of Strategic Thinking:

Students show strategic thinking by organising their team, managing time effectively, and making quick decisions to maximise their chances of accumulating the most cards by the end of the game.



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## Objective:

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## Players:

Divided into two or three teams.

## Materials:

- A deck of playing cards.
- An open space for running and exercise.

## Setup:

Place the deck of cards about 50 metres away from the teams. Teams start in a static hold position.

## Gameplay:

- **Card Collection:** One member from each team runs to the deck, grabs the top card, and returns to their team.
- **Exercise Challenge:** The team performs the exercise assigned to that card. Each subsequent card collected adds to the exercise list, accumulating as the game progresses.
- **Static Holds:** Teams maintain static holds while waiting for their turn to collect cards (Optional).
- **Joker Card:** If a joker is drawn, the team performs a penalty exercise and discards the card.
- **Rotation:** Team members take turns running to collect cards.

## Winning the Game:

The team that accumulates the most cards by the end of the timeframe or upon completion of the deck wins. Have a bit of fun at the end and see which team can construct the tallest card tower using the cards they collected.

## Variations for Different Settings:

- **Fitness Edition:** Introduce varied and challenging exercises for each card.
- **Children's Edition:** Use more straightforward exercises and shorter distances for running.
- **Team Building Edition:** Focus on coordination and encouragement among team members.

## Additional Notes:

- Build Em Up Cards is an energetic game combining physical activity and strategic team play.
- It encourages teamwork, fitness, and quick thinking.
- The game is adaptable for various group sizes and fitness levels, making it suitable for a wide range of participants.

