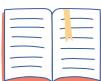


Build Em Up Cards

STAY ACTIVE!

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:

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.

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.