

DECK OF CARDS

Racing



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PLAY

Deck of Cards Racing

Instructions

Objective:

Deck of Cards Racing is a team-based exercise game where each team represents a suit of playing cards. The goal is for each team to advance their 'ace' across a racecourse by performing exercises determined by drawn playing cards.

Players:

Split into four teams, each representing a suit (Hearts, Diamonds, Clubs, Spades).

Materials:

- A deck of playing cards.
- Printed PDF game card or 'Fun Fitness Daily Mission Cards'.

Setup:

Teams line up at the start line. The instructor shuffles the deck of playing cards.

Gameplay:

- Card Draws: The instructor draws a card from the deck, and the team matching the suit of the drawn card moves their 'ace' forward on the racecourse.
- Exercise Challenge: All teams perform ten reps of an exercise associated with that card.

- **Race Progression:** The process repeats with continuous card draws and corresponding exercises.
- **Finish Line:** The first team to move their 'ace' across the finish line wins.

Winning the Game:

The winning team is the one whose 'ace' reaches the finish line first.

Variations for Different Settings:

- **Fitness Edition:** Introduce a variety of fitness exercises for teams to perform.
- **Children's Edition:** Use more straightforward exercises and make the game more about fun and participation.
- **Competitive Edition:** Encourage teams to strategise and motivate each other for quicker completion of exercises.

Additional Notes:

- Deck of Cards Racing combines physical activity with the fun and unpredictability of card drawing.
- It's an engaging and energetic game, suitable for groups of various sizes and fitness levels.
- The game fosters teamwork, friendly competition, and group fitness.

FINISH LINE

START LINE



SQUAT THRUSTER



Reach down and place your hands on the ground before hopping your legs back into push up position. Quickly spring your legs forward to the bottom of a squat and jump back to the starting position.

IN OUT SQUAT



Stand with feet together. Bend your legs, jump up, and separate your feet in mid-air and land in a squat hold. Then jump back up and land in starting position.

LEG RAISE



Lie on your back, legs straight and together. Lift your legs to the ceiling until your butt comes off the floor. Then lower back to your starting position.

PUSH UP



Start in a high plank position with hands beneath the shoulders and toes down. Keeping your legs and back straight, bend your arms at the elbow to lower the body down. Once the chest is hovering off the ground, extend the arms and push the body back up to the starting position.

SIT UP



Lie flat on your back with your knees bent. Lift your torso off the ground and move to a seated position, then lie flat again without changing the position of your legs.