

CARD TOSS

Up



the school of
PLAY

Card Toss Up

Instructions

Objective:

In this game, players or teams toss playing cards in the air and calculate the score based on the face-up cards. The goal is to accumulate the highest total score within ten minutes by performing exercises associated with each card.

Players:

Individual players or teams, each with a deck of playing cards.

Materials:

- A deck of playing cards for each player or team.

Setup:

Each player or team has their deck of cards ready for play.

Gameplay:

- Card Toss: Players toss three cards in the air.
- Scoring: Add up the value of cards that land face-up. Cards face-down are not counted. Use specific values for face cards and aces.
- Exercise Challenge: Perform exercises based on the suit of the face-up cards (e.g., Hearts for squats, Diamonds for sit-ups, etc.).
- Point Addition: Add the total value of face-up cards to the team's score.
- Continuous Play: Keep playing, tossing cards, and accumulating points over ten minutes.

Winning the Game:

The player or team with the highest score at the end of ten minutes wins.

Variations for Different Settings:

- Fitness Edition: Focus on a variety of challenging exercises for the different suits.
- Children's Edition: Use more straightforward exercises and make the card values easier to add.
- Competitive Edition: Introduce more strategic elements like choosing which cards to toss.

Additional Notes:

- Card Toss Up is a fun blend of luck, fitness, and quick math skills.
- It encourages physical activity in a playful and competitive environment.
- The game is adaptable for various group sizes and fitness levels and can be modified to suit different settings.