

# Card Golf

Grade Three & Four

PLAY

Card Golf is a fun and engaging game that combines elements of golf with playing cards. The goal is to guess card values correctly, calculate the score, and complete physical exercises based on the score. Players aim to have the lowest score over nine holes (turns), with each "hole" corresponding to a different card turn and a physical challenge.



## Learning Intentions

### Develop Critical Thinking and Prediction Skills:

Students will practice making predictions based on probabilities, using their knowledge of card values to make educated guesses.

### Understand Scoring and Basic Math:

Students will apply basic math skills to calculate score differences and keep track of their progress.

### Promote Physical Fitness and Movement:

Students will incorporate exercise into their learning experience, promoting physical fitness and overall well-being.

### Encourage Teamwork and Collaboration:

When played in teams or groups, students will engage in teamwork, supporting each other and strategising for the best outcome.



## Success Criteria

### Accurate Predictions:

Students will make educated guesses about the values of cards and calculate the correct score difference when their predictions are incorrect.

### Correct Physical Exercises:

Students will perform the correct exercise based on their score (e.g., burpees, squats, etc.) after each card turn.

### Engagement and Active Participation:

Students will actively engage in both the mental and physical aspects of the game, maintaining enthusiasm and participation throughout.



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## Objective:

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## Players:

- Suitable for individuals, pairs, or small groups (up to 4 players per group).
- Can be played with the entire class or in teams.

## Materials:

- A deck of playing cards.
- Student score card (one per student or one per team) (resource found in PDF)
- Physical Exercises for each hole - Print (resource found in PDF)
- Enough space for students to perform physical exercises safely.
- A timer (optional for timing each hole or exercise).

## Setup:

1. **Determine the Number of Holes:** Decide whether to play 9 holes (turns) or 18 holes.
2. **Prepare the Deck:** The teacher will shuffle the deck and distribute the cards in a pile. Each student or team will take turns drawing from the top of the deck.
3. **Print or Display Physical Exercises:** Each hole has a different physical exercise assigned to it (see resources in PDF).
4. **Space Setup:** Ensure students have enough room to safely perform the assigned exercises after each hole.



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## Gameplay:

1. **Guess the Card Value:** Each player will take turns guessing the value of the top card from the deck and write their guess on their scorecard prior to the start of the hole (teacher flipping the top card or individual player flipping their top card).

2. **Scoring options:** There are two scoring options for this game: Players can guess "high" (a card of 10 or more) or "low" (a card of 9 or less). If a student guesses "high" and the card flipped for that hole is a 10 or picture card they score a zero for that hole. If they guess "high" and the card flipped is a 7, they score a 3 for that hole.

If using the specific number scoring system you simply equate the difference between the guess and the actual value of the card flipped.

3. **Card Values:** Number cards (2-10) are worth their face value. Jacks, Queens, and Kings are worth 10. Aces count as 1.

### • Scoring:

- If the player's guess is correct, they score zero for that hole (no exercise).
- If the guess is incorrect, the player scores the **absolute difference** between their guess and the actual card value. For example, if a player guesses 5 but the card is 9, they score 4 points.

4. **Physical Exercise:** After each turn, players perform one physical exercise for each point they scored. For example:

- **3 points:** Perform 3 squats.
- **6 points:** Perform 6 push-ups.
- **9 points:** Perform 9 star jumps.

*(The teacher can adapt the exercises based on fitness levels and space available.)*

5. **Game Progression:** The teacher will continue the process for the decided number of holes (9 or 18), and each player/team will keep track of their total score.

### 6. Winning the Game:

- After the final hole, the player or team with the **lowest score** wins the game.
- If desired, the game can include a "bonus round" where players perform a final exercise challenge based on the number of points they accumulated.

7. **Types of play:** If playing individually the teacher needs one deck of cards on the front, students write their guesses all at the same time for each hole, teacher flips the top card and students then calculate their score. The teacher then gives the command "complete your exercises!", all students complete their allotted number of reps for the assigned exercise on each hole.

If playing in small groups this allows the students to take control of flipping the deck, split the playing cards up evenly between the groups, shuffle them and create their pile.

Students take it in turn to flip the top card and each group member then works out their score, students take it in turns of flipping the top card.



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## Variations for Different Settings:

- **Fitness Edition:** Add more varied exercises for each score (e.g., lunges, jumping jacks, planks).
- **Team Building Edition:** Encourage team strategy in guessing the cards. Teams can work together to decide on their guesses, and the team with the lowest total score wins.
- **Competitive Edition:** Add a competitive twist by having students race to complete their exercises before their opponents.

## Additional Notes:

- **Card Golf** offers a fun way to incorporate exercise into a game while reinforcing math skills. It's an engaging and challenging game that encourages physical fitness and cognitive thinking.
- This game can be modified to suit different age groups or skill levels, making it a versatile and enjoyable activity for both individual players and teams.
- The teacher can encourage students to set personal goals for each hole or track progress over several rounds to create a sense of achievement.

**Card Golf** provides an exciting mix of strategy, physical activity, and math that keeps students engaged and motivated to improve their fitness while playing.

