

# Full Deck Flip

Grade Three & Four

STAY ACTIVE!



**Full Deck Flip** is a fast-paced fitness challenge where players use a deck of playing cards to determine their exercises. Each suit corresponds to a different exercise, and players aim to complete the entire deck as quickly as possible. The game encourages both physical activity and friendly competition while adding unpredictability and fun to the workout.



## Learning Intentions

### **I can follow instructions and perform a variety of exercises:**

Students will learn to follow the instructions given by the deck of cards and perform a variety of physical activities that challenge different muscle groups.

### **I can improve my time management and pacing:**

As players aim to finish the deck as quickly as possible, they will learn to manage their energy and pace themselves effectively during the game.

### **I can engage in physical exercise while having fun:**

Students will stay physically active while enjoying the unpredictable nature of the game, promoting healthy habits through play.



## Success Criteria

### **Completion of Exercises:**

Students complete the exercises associated with each card, demonstrating their ability to follow through with the challenges.

### **Pacing and Time Management:**

Students pace themselves effectively, ensuring they can complete all exercises within a reasonable time while maintaining energy levels throughout the game.

### **Positive Engagement:**

Students participate enthusiastically and encourage each other, contributing to a positive and supportive atmosphere in the class or group.



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## Objective:

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## Players:

- This game can be played individually, in small groups, or as a challenge against others.
- Suitable for various group sizes.

## Materials:

- A standard deck of playing cards.
- Space for physical activity (sufficient room for movement).

## Setup:

### 1. Shuffle the Cards:

Shuffle the deck of playing cards thoroughly to ensure randomness in the exercise assignments.

### 2. Space for Exercises:

Ensure participants have enough space to perform the required exercises comfortably.

## Gameplay:

### 1. Card Flip:

Players will take turns or work individually to flip over the top card from the deck. Once the card is flipped, they will immediately perform the exercise associated with the suit of the card.

### 2. Exercise Assignments:

Each suit corresponds to a different exercise:

- **Hearts** = Push-ups
- **Diamonds** = Star Jumps
- **Spades** = Sit-ups
- **Clubs** = Squats
- **Jokers** = Special Exercises (e.g., 5 burpees or a 100-meter run)

### 3. Cycle Through the Deck:

The objective is to continue flipping cards and performing the corresponding exercises until the determined number of cards are all flipped. You know your students better than we do, if you think 10 cards is enough start with 10 cards to flip. If you want to push them a little harder, have 15 cards in the deck to flip.

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## Winning the Game:

- The goal is to complete the deck as quickly as possible.
- **Time Challenge:** Record the time it takes to complete the deck. Players can attempt to beat their personal record or compete against others to see who finishes the fastest.
- **Group Challenge:** Teams can work together to complete the deck, dividing the cards and exercises among members to promote teamwork.

## Variations for Different Settings:

### 1. Modified Edition:

Adjust the number of repetitions or types of exercises to suit different fitness levels. For example, modify the number of push-ups, squats, or sit-ups for beginners or advanced players.

### 2. Team Edition:

Divide the deck into equal parts and assign each team member a portion of the deck to complete. Teams work together to finish the deck and can challenge each other for the fastest completion time.

### 3. Time Challenge:

Keep track of how long it takes to complete the entire deck. Players can compete against their own times or against others to improve their personal record in subsequent rounds.

## Additional Notes:

- **Full Deck Flip** is a versatile and engaging fitness game that adds variety to workout routines by incorporating a mix of different exercises.
- The randomness of the card flip keeps the game unpredictable, making it fun and exciting for students of all fitness levels.
- It's an excellent way to engage students in physical activity while developing coordination, strength, and endurance.
- The game can be easily adapted for different age groups, ensuring that everyone gets a fun and challenging workout.

