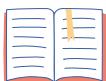


# Card Memory Lane

STAY ACTIVE!

**Card Memory Lane** is a team-based physical and memory challenge inspired by the classic 'Memory' card game. Pairs or teams work together to find and collect cards from a chosen suit in sequential order (Ace to King), using both physical agility and cognitive recall.



## Family Objects

### Enhancing Memory and Cognitive Skills:

Family members will boost their memory and strategic thinking by recalling card positions and retrieving them in the correct sequence.

### Promoting Physical Fitness and Endurance:

This active game gets everyone moving as they run, flip cards, and maintain static holds, improving fitness, endurance, and overall strength.

### Fostering Teamwork and Communication:

Players work closely together, sharing clues about card positions and strategising to collect the cards in order, which builds strong communication and collaboration skills.



## Success Milestones

### Accurate Memory Recall and Card Retrieval:

Participants successfully remember and retrieve cards in the correct order (from Ace to King), demonstrating effective memory recall and strategic planning.

### Active Participation in Physical Challenges:

Everyone enthusiastically engages in the running and static hold elements, showing effort and energy throughout the game.

### Effective Team Communication and Collaboration:

Family members communicate clearly, sharing information about card locations and working together to retrieve the cards efficiently.



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## Objective:

Card Memory Lane is a team-based physical and memory challenge inspired by the classic 'Memory' card game. Pairs or teams work together to find and collect cards from a chosen suit in sequential order (Ace to King), using both physical agility and cognitive recall.

## Players:

- Suitable for pairs or small teams.
- One deck of cards is provided per eight players (or adjusted as needed for group size).

## Materials:

- A deck of playing cards
- A selected suit (Diamonds, Hearts, Clubs, or Spades) to be used for the game
- A 20-metre play area (or a basketball court)

## Setup:

### 1. Card Placement:

- At one end of the play area, spread the cards of the chosen suit face down in a random arrangement.

### 2. Starting Positions:

- Teams or pairs start at the opposite end of the play area, ready to race and retrieve the cards.

### 3. Explain the Rules:

- Clarify that the goal is to collect the cards in ascending order, from Ace to King.
- Emphasise the memory element: if a card is flipped and isn't the one needed, its position must be remembered before it is turned back over.

## Gameplay:

### 1. Card Retrieval:

- One player from the team runs to the card area and flips over a card, attempting to locate the Ace.
- If the revealed card isn't the Ace, the player memorises its position, flips it back over, and then runs back to tag their partner.

### 2. Static Holds:

- While one player is retrieving cards, the waiting partner holds a static position (e.g., a squat or plank) until it's their turn.



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### 3. Sequential Collection:

- Players continue alternating, working together to find and collect the cards in order (Ace, 2, 3, ..., King).
- Communication is key; teammates must share what they've learned about card positions to retrieve the next card in the sequence efficiently.

### 4. Physical and Cognitive Balance:

- After each successful retrieval, teams perform the necessary physical actions (running and static holds) while reinforcing their memory of card positions.

### Winning the Game:

- The first team to collect all cards in the correct order from Ace to King wins the game.
- Alternatively, if playing for a set time, the team with the most correct cards collected in sequence is declared the winner.

### Variations for Different Settings:

- **Fitness Edition:**

Increase the running distance or add more challenging static holds for a greater physical workout.

- **Children's Edition:**

Use fewer cards (e.g., Ace to 5) to simplify the game and make it more accessible for younger players.

- **Team Building Edition:**

Emphasise communication by allowing teams to discuss strategies openly before the game begins, or add a twist where teams can earn bonus points for sharing additional clues about card positions.

### Additional Notes:

Card Memory Lane – Family Edition is an exciting blend of physical activity and cognitive challenge that enhances memory, fitness, and teamwork. This adaptable game can be enjoyed by all ages and skill levels, making it perfect for family gatherings, classroom activities, or team-building events. Enjoy the fun of racing, remembering, and working together to master the memory challenge!