

# Build Em Up Cards

STAY ACTIVE!

**Build Em Up Cards** is a team-based, high-energy game where participants run to collect playing cards from a distant deck and then perform exercises corresponding to each card. The aim is to accumulate the highest number of cards and complete the associated exercises within a set timeframe or before the deck runs out. As a fun finale, teams can use their collected cards to build the tallest card tower.



## Family Objects

### Promote Physical Fitness and Endurance:

Family members boost their strength and stamina by engaging in a series of running and exercise challenges. This dynamic game encourages overall fitness as participants dash to collect cards and complete corresponding exercises.

### Encourage Teamwork and Communication:

Participants work collaboratively in teams, taking turns and supporting one another as they strategise, collect cards, and complete physical challenges, fostering effective communication and unity.

### Develop Strategic Thinking and Quick Decision-Making:

Players learn to organise team roles, plan the order of tasks, and manage time efficiently in order to collect the most cards, sharpening their ability to make rapid, strategic decisions under pressure.



## Success Milestones

### Active Participation in Card Collection and Exercise:

Family members enthusiastically run to collect cards and complete the designated exercises, demonstrating energy, persistence, and commitment to the game.

### Effective Team Collaboration:

Teams display strong cooperation and clear communication, with each member contributing to the overall strategy and encouraging one another throughout the challenge.

### Demonstration of Strategic Thinking:

Participants show their strategic prowess by effectively organising their team, managing time well, and making quick decisions to maximise card collection and exercise completion.



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## Objective:

Build Em Up Cards is a team-based, high-energy game where participants run to collect playing cards from a distant deck and then perform exercises corresponding to each card. The aim is to accumulate the highest number of cards and complete the associated exercises within a set timeframe or before the deck runs out. As a fun finale, teams can use their collected cards to build the tallest card tower.

## Players:

- Divide participants into two or three teams.
- Ideal for family gatherings, classroom activities, or team-building sessions.

## Materials:

- A deck of playing cards
- An open space for running and exercise (approximately 50 metres between the starting line and the deck)
- (Optional) A timer to track the game duration
- (Optional) Cones or markers to designate the starting and finishing zones

## Setup:

### 1. Card Placement:

- Place the deck of cards about 50 metres away from the teams on a clear, accessible spot.

### 2. Team Positioning:

- Teams start at a designated “home station” where they gather and maintain a static hold (if desired) while waiting for their turn to run.

### 3. Explain the Rules:

- Outline that one member from each team will take turns running to collect the top card from the deck and return to their team.
- Emphasise that each card corresponds to a specific exercise, and that every time a team collects a card, they must perform the associated exercise before their next turn.
- Explain the special rule for Joker cards, which requires a penalty exercise and immediate discarding of the card.

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## Gameplay:

### 1. Card Collection:

- One member from each team runs to the deck, grabs the top card, and runs back to their team.

### 2. Exercise Challenge:

- Upon returning, the team performs the exercise assigned to the card. The exercise can be based on the card's value or suit as pre-determined (e.g., specific exercises for number cards and a special challenge for face cards).
- For example, if a card instructs "10 squats," the team completes 10 squats before the next member takes their turn.

### 3. Rotation and Accumulation:

- Team members take turns running to collect cards and complete the corresponding exercises.
- As the game progresses, each team's collection of cards grows, and these will later be used to build a card tower.

### 4. Joker Card Rule:

- If a Joker is drawn, the team must perform a penalty exercise (such as 10 squat jumps or a 200-metre run) and then discard the card without adding it to their collection.

### 5. Game Duration:

- The game continues for a set timeframe or until the deck of cards is exhausted.

### 6. Final Challenge – Card Tower:

- After the game ends, teams use the cards they collected to construct the tallest possible tower. This final challenge adds an extra layer of fun and creativity.

## Winning the Game:

- The primary challenge is to accumulate the most cards and complete all the exercises within the allotted time.
- Optionally, the team that builds the tallest card tower at the end of the game can be declared the overall winner.
- Emphasise that the main objective is to enjoy the physical challenge, teamwork, and strategic thinking throughout the game.

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## Variations for Different Settings:

- **Fitness Edition:**

Increase the intensity of the exercises for each card (e.g., more reps or more challenging movements) to create a vigorous workout.

- **Children's Edition:**

Simplify the exercises and reduce the running distance to ensure the game is fun and accessible for younger players.

- **Team Building Edition:**

Focus on strategies for effective communication and support. Encourage teams to plan their running order and exercise assignments to maximise efficiency.

- **Customisable Edition:**

Adapt the exercise list to include different types of physical challenges or fun tasks that match the interests and abilities of your group.

## Additional Notes:

Build Em Up Cards – Family Edition is a vibrant, energetic game that combines physical activity, strategic team play, and creative problem-solving. It's an excellent way to promote fitness, teamwork, and rapid decision-making, all while having fun and building strong interpersonal connections. Enjoy the challenge, work together, and celebrate every card collected and exercise completed on your way to victory—and don't forget to have fun building your final card tower!