

Deck of Cards Racing



Deck of Cards Racing is a team-based exercise game that combines the excitement of card drawing with physical activity and strategic teamwork. Each team, representing a suit of playing cards, competes to advance their "ace" along a racecourse by performing exercises determined by the drawn cards and sharing moments of gratitude. The goal is for a team's "ace" to cross the finish line first, all while fostering a positive and energetic group dynamic.



Family Objects

Promote Physical Fitness and Teamwork:

Family members work together in teams, performing fun physical exercises that boost fitness and foster a spirit of collaboration and mutual support.

Enhance Strategic Thinking and Cooperation:

Participants develop quick strategic thinking by motivating teammates and efficiently completing exercises to advance their team's "ace" along the racecourse.

Encourage Positive Competition and Group Engagement:

Through friendly competition and shared challenges, family members engage actively, interact positively, and celebrate each other's efforts, creating an energetic and supportive atmosphere.



Success Milestones

Active Participation in Exercises:

Players enthusiastically complete the designated physical exercises associated with each card drawn, demonstrating commitment to the game's fitness component.

Effective Team Collaboration:

Teams communicate clearly, strategise effectively, and work together to move their "ace" forward on the racecourse, contributing to their overall success.

Positive Attitude and Sportsmanship:

Participants maintain a supportive and encouraging attitude throughout the game, celebrating both their own progress and that of other teams, regardless of the outcome.



Deck of Cards Racing



Objective:

Deck of Cards Racing is a team-based exercise game that combines the excitement of card drawing with physical activity and strategic teamwork. Each team, representing a suit of playing cards, competes to advance their “ace” along a racecourse by performing exercises determined by the drawn cards and sharing moments of gratitude. The goal is for a team’s “ace” to cross the finish line first, all while fostering a positive and energetic group dynamic.

Players:

- Divide participants into four teams, each representing one suit: Hearts, Diamonds, Clubs, and Spades.
- Suitable for groups of various sizes; can be easily adapted for family gatherings, classroom sessions, or team-building events.

Materials:

- A deck of playing cards (standard 52-card deck or a modified deck as needed)
- A printed game card or “Fun Fitness Daily Mission Cards” (with exercise challenges corresponding to card values)
- A central area or designated racecourse
- (Optional) Paper and pens for keeping score or tracking progress

Setup:

1. Team Formation:

- Divide the group into four teams, each assigned a suit (Hearts, Diamonds, Clubs, Spades).

2. Racecourse Setup:

- Mark a start line and a finish line along a suitable area (this could be indoors or outdoors).
- Each team designates an “ace” marker (this could be a small object or a card) that represents their team’s progress on the racecourse.

3. Card Preparation:

- The instructor shuffles the deck of playing cards and places it in a central location accessible to all teams.

4. Introduction:

- Briefly explain the rules, including how the card’s suit and number determine which team moves and which exercise challenge they must complete, as well as the gratitude element of the game.



Deck of Cards Racing



Gameplay:

1. Card Draws:

- The instructor draws a card from the deck. The team whose suit matches the drawn card advances their “ace” along the racecourse.

2. Exercise Challenge:

- Depending on your chosen rules, either:
 - **Option A:** Only the team that advances performs an exercise corresponding to the card (e.g., a Blue 9 might require nine squats or jumps).
 - **Option B:** Alternatively, the three teams that did not advance perform the physical challenge.

3. Gratitude Challenge:

- Each time a team’s “ace” moves forward, a member of the team calls out one thing they are grateful for, adding a positive reflective moment to the activity.

4. Race Progression:

- The process repeats with continuous card draws and corresponding exercises, advancing teams’ “ace” markers along the racecourse.

5. Timed or Throw-Limited Rounds:

- You can set a time limit (e.g., 10–15 minutes) or a designated number of card draws to determine the pace and duration of the game.

Winning the Game:

- The winning team is the first team whose “ace” reaches the finish line.
- The game emphasises fun, fitness, teamwork, and gratitude rather than pure competition.

Variations for Different Settings:

• Fitness Edition:

Intensify the exercises by incorporating more challenging movements (e.g., burpees, lunges, or push-ups) based on the card values.

• Children’s Edition:

Use simpler, more playful exercises and consider shortening the race distance to ensure the game remains fun and accessible for younger participants.

• Competitive Edition:

Encourage teams to strategise and motivate each other for quicker exercise completion, adding a layer of competitive spirit while maintaining a positive environment.

• Team Building Edition:

Focus on group communication and cooperation, perhaps integrating additional challenges that require teams to plan together before performing the exercises.



Deck of Cards Racing



Additional Notes:

Deck of Cards Racing – Family Edition is an exciting and energetic game that combines the unpredictability of card drawing with the benefits of physical exercise and positive reflection. It's versatile and can be adapted to suit various group sizes and fitness levels, making it a fantastic choice for family events, classrooms, or team-building sessions. Enjoy the race, celebrate your progress with gratitude, and let the spirit of teamwork propel you to victory!





SQUAT THRUSTER

Reach down and place your hands on the ground before hopping your legs back into push up position. Quickly spring your legs forward to the bottom of a squat and jump back to the starting position.

IN OUT SQUAT

Stand with feet together. Bend your legs, jump up, and separate your feet in mid-air and land in a squat hold. Then jump back up and land in starting position.

LEG RAISE

Lie on your back, legs straight and together. Lift your legs to the ceiling until your butt comes off the floor. Then lower back to your starting position.

PUSH UP

Start in a high plank position with hands beneath the shoulders and toes down. Keeping your legs and back straight, bend your arms at the elbow to lower the body down. Once the chest is hovering off the ground, extend the arms and push the body back up to the starting position.

SIT UP

Lie flat on your back with your knees bent. Lift your torso off the ground and move to a seated position, then lie flat again without changing the position of your legs.

