

Letters and Numbers

STAY ACTIVE

To enhance physical fitness and teamwork through a fun and competitive game where students draw cards and complete exercises based on the numbers and letters on the cards.



Learning Intentions

I can develop physical fitness through exercise and movement:

This encourages students to engage in fun, physical exercises while learning how to associate numbers and letters with specific movements.

I can practice teamwork and cooperation in a group setting:

This activity emphasises collaboration and teamwork as students work together to complete exercises.

I can use my body to complete exercises based on a random selection of letters and numbers:

This promotes adaptability, as students must quickly adjust to different exercises based on the cards drawn.



Success Criteria

Completing Exercise Tasks:

Students can complete the required exercise based on the letter or number card they draw, actively engaging in physical activity.

Working Together as a Team:

Students can work together with a partner to complete the exercise tasks, reinforcing teamwork and support to reach a shared goal.

Tracking Progress and Competition:

Students can track which team has completed the most exercises and earned the most cards by the end of the game, encouraging friendly competition while focusing on accuracy and efficiency.



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Objective: To enhance physical fitness and teamwork through a fun and competitive game where students draw cards and complete exercises based on the numbers and letters on the cards.

Players: Ideal for groups of 4 students (split into two teams of 2).

Materials:

- A deck of cards consisting of:
 - Letter cards (Ace, King, Queen, Jack, Joker).
 - Number cards (2-10).
- Cones or markers to mark the starting and ending points.
- Space to play (classroom or outdoor area, approximately 10-15 meters apart).

Time Required: 15-20 minutes.

Setup:

1. Split the deck of cards into two piles: one for letter cards (Ace, King, Queen, Jack, Joker) and one for number cards (2-10).
2. Place the two piles face down at one end of the room or playing area.
3. Have the two teams of 2 students line up at the other end of the room or playing area.

Gameplay:

1. Start the Game:

- Each team nominates one player to go first.
- Players run to the piles of cards, draw one card from the letter pile and one card from the number pile, and run back to their teammate.

2. Complete the Exercise:

- Based on the cards they draw, the player and their teammate must complete the relevant exercise for the letter and number they drew.
 - **King:** High Knees (number of repetitions equal to the number on the number card).
 - **Queen:** Quick Feet (number of repetitions equal to the number on the number card).
 - **Jack:** Star Jumps (number of repetitions equal to the number on the number card).
 - **Ace:** Air Punches (number of repetitions equal to the number on the number card).
 - **Joker:** Jumping Jaguars (students' own interpretation of jumping and moving like a jaguar).

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3. Repeat the Process:

- Once the exercises are completed, the team places the two cards in their completed pile.
- The next player on each team runs to the piles of cards and draws a new set of cards, returning to their partner to repeat the process.

4. Finish the Game:

- The game continues until all the letter cards have been drawn. Teams count the total number of cards they have accumulated (both letter and number cards combined).

5. Winning the Game:

- The team with the most cards in their completed pile at the end of the game wins the match.

Winning the Game: The team with the most cards (letters and numbers combined) after completing all the exercises, wins the game.

Additional Notes: "Letters and Numbers" is an exciting and energetic game that combines physical exercise with learning. It encourages students to work together while developing strength, coordination, and cardiovascular fitness. It can be played indoors or outdoors and can easily be adapted with different exercises or card sets to suit different ages and abilities.

