

EXERCISE FACE OFF

GRADES: 2-6

FORMATION: Standing in their own personal space

EQUIPMENT: Cards (provided with activity)

LEARNING OUTCOMES: MATHEMATICS (Multiplication, Addition, Subtraction)

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

Print out the cards listed below or use any of your own. This activity is an exercise version of the card game “War” where the highest card wins. The class is divided into two teams. Shuffle the cards then stack them face down on the desk or floor. One student from each team turns over the top two cards at the same time. They multiply (or add or subtract) the 2 cards and the first to say the right answer (without help from class) puts the cards in his/her winning pile. If a tie occurs, keep turning cards. After each round, have the class do so many reps of any exercise move. Before you start, tell students or write on the board, Ace = 1, J = 0, Q = 11, K = 12

Sample Exercises-

Toe touches, Bicep Curls, Knee Lifts, Jumping Jacks, Sit Ups, Push Ups, Heel Jacks, Skipping, Knee Touches, Bicep Curls/Heel Jacks, Squats, Lunges, Shoulder Presses, Jumps to the Sky, Twist, Calf Raises, Run On The Spot, Kicks, Squat Jumps.

















