

# JOKERS WILD

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GRADES: 1-6

FORMATION: Standing in their own personal space

EQUIPMENT: Cards (provided with activity)

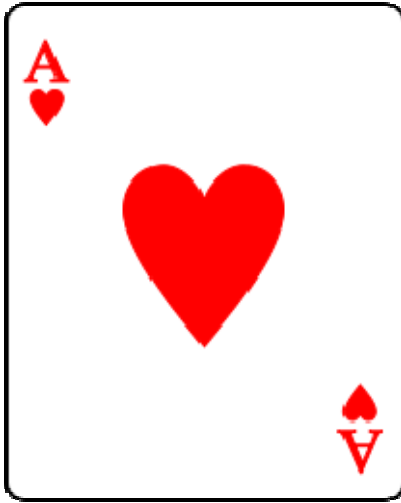
LEARNING OUTCOMES: Movement, Subject review

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.

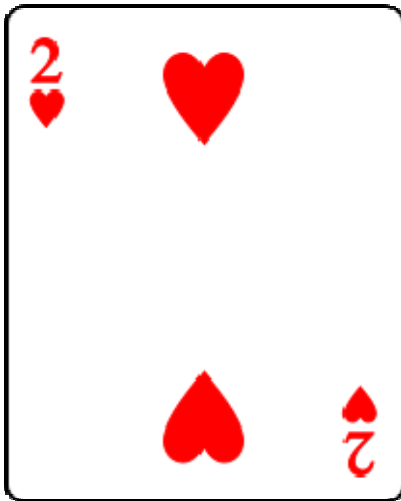
RULES/DIRECTIONS:

1. Print and cut out the cards listed below or use any of your own.
2. On the signal “run” all students run on the spot. Teacher can ask questions for a subject review and the student who gives the correct answer comes forward to draw a card from the deck. Student then reads shows it to the whole class, and then the whole class performs the activity.
3. Teachers then asks another review question and process repeats itself.

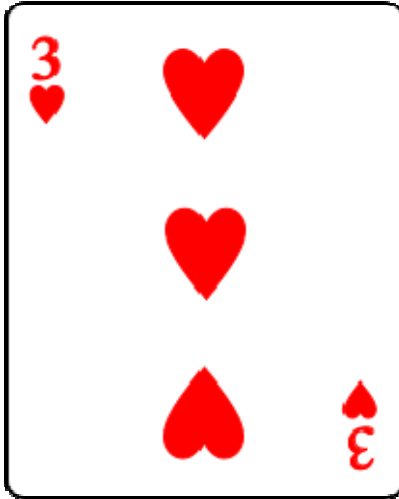
# TEACHERS CHOICE



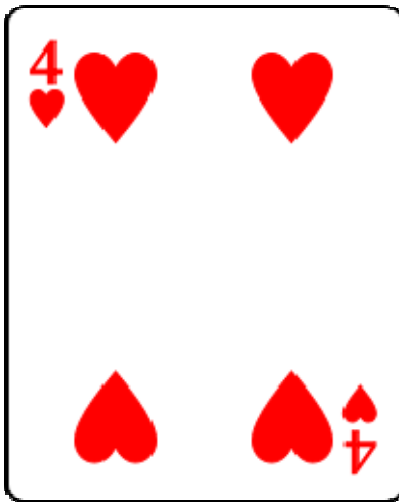
# 2 HEEL JACKS



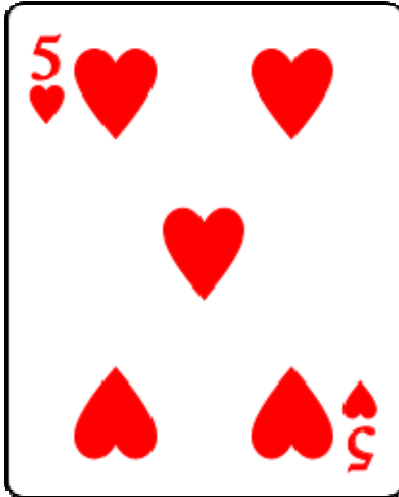
# 3 LUNGES



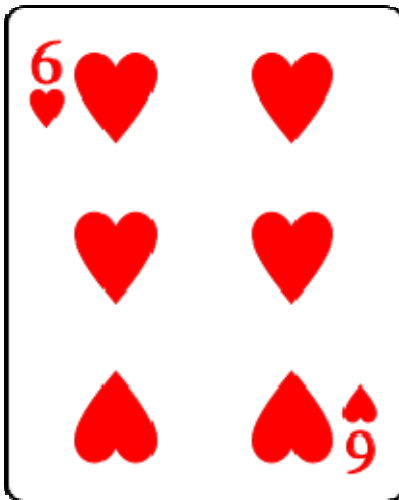
# 4 SQUATS



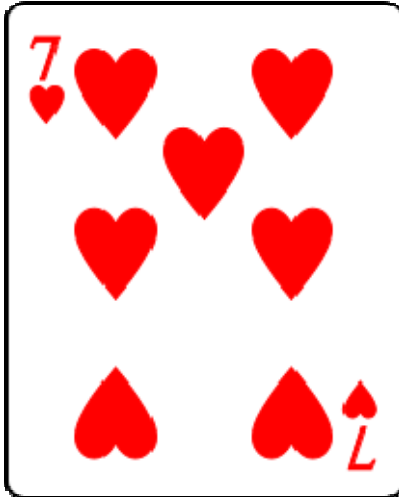
# 5 BICEP CURLS



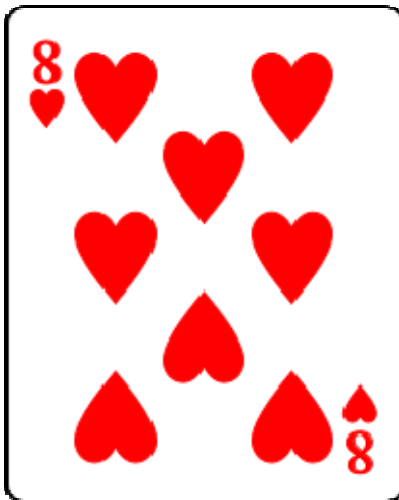
# 6 TOE TOUCHES



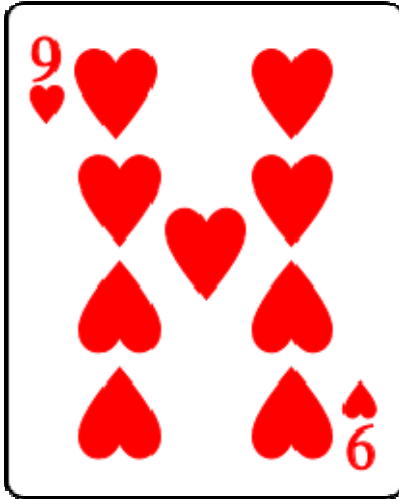
TWIST 7 TIMES



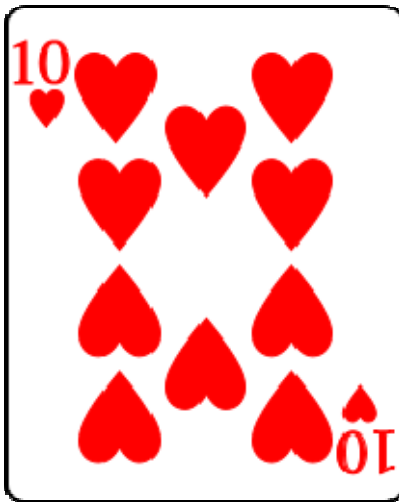
8 JUMPS SKY



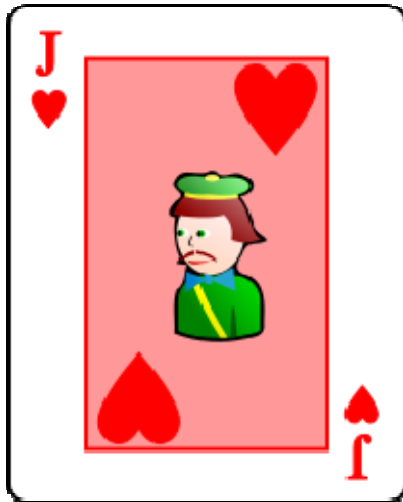
# 9 LITTLE KICKS



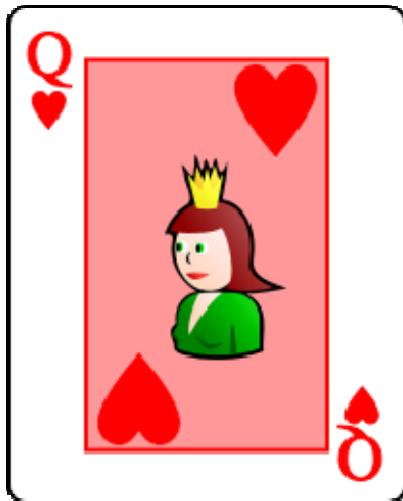
# 10 KNEE RAISES



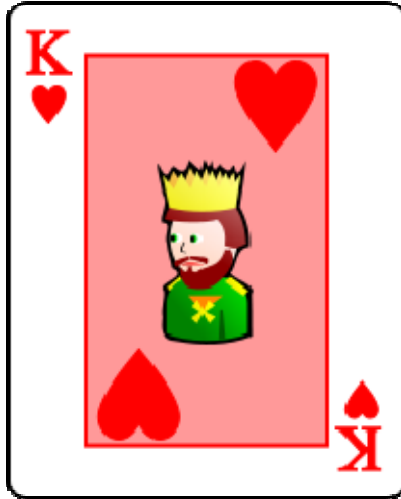
# RUN ON THE SPOT 11 SECONDS



# 12 JUMPING JACKS



# 13 CALF RAISES



# WILD CARD

