

Full Deck

Fitness Activity

4 or 5 decks of cards all mixed up, 6 – 8 mats

Object of the activity is to collect one of each card in a deck of cards by running around the gym.

- Place the mats around the inside of the volleyball court on the side lines and the base lines
- Divide the class so that each mat has more or less an equal number of students
- The students on each mat then decide in what order they will run (who will be the first runner, who will be the second runner etc.).
- On your command the first runner from each team will run once around the outside of the volleyball court in the direction that you have designated.
- Once the runner has completed the lap he/she tags the next in line on his/ her mat. The second runner then does one lap of the gym and then tags the next in line and so it continues.
- After a player has completed a lap and has tagged the next person on the team he/she then comes to the middle of the gym where you will give him/her one card from the huge deck of cards that you have.
- The first team to have one of each of the cards in a deck of cards wins (Ace, 2, 3...10, J, Q, K). The cards do not have to be of the same suit.
- While the students are waiting their turn to run a lap they can be doing some sort of activity on the mat (jumping jacks, twists etc.).
- Vary the transport skill.