

FITNESS UNO

- **Everyone draws 5 cards from the deck. The rest of the cards are placed face down in the middle of the group.**
- **When it's your turn to play a card, you can only put down the same color or same number being played. The only exception is the WILD card, which gives you the power to change the color being played. If you don't have any playable cards, you draw 1 card from the unused card stack.**
- **When you only have 1 card left, call out UNO! If you forget, or the next player puts down a card before you call it, pick up 3 cards.**
- **The winner is the first player to get rid of all of their cards.**

FITNESS COMPONENTS

***For every card you play, you do an exercise. If it is a number card, do that many reps. Exercises are based on the color of the card and listed below.**

***For REVERSE and SKIP, performs 10 exercises of your choice.**

***For draw 2 & 4, the next player draws the cards and does that many exercises.**

Red=Squats Blue=Push ups Yellow=Sit ups
Green=Planks WILD=10 burpees

***If you cannot play a card and draw from the pile, do those exercises as well.**

SORRY

- **Each team of 2 players starts with 2 pawns.**
- **While playing, pull 1 card per team and move if you are able.**
- **Both team members do the total moves per card as exercises.**

**#1-5=push ups #6-10=Sit ups #11 &
12=burpees**

If you sorry another team, they also do 30 jumping jacks.

HAVE FUN!

GO FISH

***Deal 6 cards to each player. The rest go in a pile in the middle.**

- **Players try to make a match**

***One player at a time asks ANY player they want for 1 card.**

***If that player has it, they give it to you and do the number and type of exercise listed below.**

***If they do not have it, you do the exercise and pick up 1 card from the middle.**

***When you have a pair, lay them down in front of you.**

***First player to get rid of all cards wins OR play for a certain amount of time and whoever has the most matches at the end wins.**

A=15 JJ K=4 burpees Q=23 forward and back jumps J=4 push ups 10=squats 9=curl ups 8=arm circles 7=heel raises 6=plank for 15 seconds 5= lunges 4=7 reverse lunges 3=mountain climbers 2=sprint in place

Jenga

***Try NOT to knock down the tower!**

***Work with the other players to build your Jenga tower.**

***When it is your turn, try to remove 1 block from the stack and place it on the top.**

***The first block you touch is the one you must try to move.**

***Remove a block, place it on top, then do the exercise that is written on it.**

***If you are using the game that just has numbers on the blocks, look at the exercises below to see what you need to do.**

***If you knock the tower over, do 50 jumping jacks while the other players rebuild it.**

GOOD LUCK!

DANCE DANCE REVOLUTION

- *STEP IN THE DIRECTION OF THE AAROWS TO EARN POINTS WHEN STARTING PLAY, STEP ONTO THE CENTER CIRLCE ONLY.**
- *PLAYER #1 WILL BE THE REMOTE CONTROL TO START THE GAME WHEN ALL OTHER PLAYERS ARE READY.**
- *LEAVE THE SONG SELECTION ON RANDOM, AND THE DIFICULTY ON BASIC OR BEGINNER.**
- *STEP FROM THE CENTER CIRLCE ONTO THE AAROW WHEN THE MOVING AAROW MATCHES WITH THE ONE ON THE TOP OF THE SCREEN.**
- *WHEN YOUR ONE SONG IS COMPLETE, STEP OFF THE MAT SO OTHERS CAN HAVE A TURN.**
- *TAKE SOME TIME TO PRACTICE ON THE PRACTICE MATS OR USING THE FLOOR SQUARES WHILE YOU WAIT YOUR TURN.**

HAVE FUN!!

FITNESS ROOM FUN!!!!

Half of our PE time is spent in the fitness room. Today you will get a taste of some of our activities. Join us in the hallway for activities with Mr. Popowich, or in room #204 with Ms. Gleason.

Hallway activities with Mr. Popowich

Here are 2 examples of activities we might do. Please feel free to play along!!!

Dance Dance Revolution on the Wii.

Follow the arrows to score your highest amount of points! Please dance for 1 song then give other people a turn!!

Fitness Board Games

Pick from a variety of common board games that have been adjusted to get us moving!!

