Hit the Deck

**AGE/GRADE LEVEL:** Youth, Grades 2-5; Teens; Adults and Older Adults

**FORMATION:** Standing

**EQUIPMENT:** 1 deck of cards or 4 sets of cards representing each suit, shuffled; optional: poster board or chart paper listing activities for each suit

**RULES/DIRECTIONS:**
1. Teacher writes the suits and their corresponding activities on the board; each suit represents a different type of activity. Examples:
   - **Heart** (cardiovascular)
     - Jog or march in place
     - Touch left elbow to right knee, alternating sides
   - **Diamond** (bone strengthening)
     - Hop on one foot
     - Jumping jacks (modification – one foot at a time to the side)
     - Jump rope with an imaginary rope
   - **Club** (muscle strengthening)
     - Biceps curls
     - Push-ups (modification – do a push-up against the wall)
     - Triceps dips – place hands behind you on table or desk; dip down (bend elbows) and then push up
     - Stomach crunches
   - **Spade** (flexibility/stretching)
     - Hip circles (like dancing the hula or the twist)
     - Upper body twists (rotate torso from side to side, but keep hips still)
     - Forward lunge; hold for 5 seconds to stretch back leg calf.

2. Teacher places deck of cards in front of entire group of participants. Each participant takes turns selecting a card, and the whole group performs the activity corresponding to the card’s suit for 20-30 seconds. Repeat the cycle and continue for 5 minutes or until all participants have selected a card.

**NUTRITION NOTE:** Use with a lesson on physical activity and the components of fitness.

Use with a calcium lesson – strengthening bones through weight bearing exercise.