

Fitness Activity

"UNO Fitness "

@pe4everykid

Equipment: 1 or 2 decks of Uno cards, cones, mats, Uno signs (see below)

Set-up: Students can play solo, with a partner or in a group of 3. They will form a line in front of you (the dealer). I use a small student desk to deal cards. Have cones, signs and any equipment you want to use setup before starting.

Game Play: When the music starts, students will approach the dealer and take the card dealt. If it is a numbered/color card, they go to the corner matching their card color and perform the exercise for the number of reps indicated on the card. If it is not a numbered/color card (a Skip, Reverse, or Wild), we call these "lap cards" and students must complete 1 lap around the gym (volleyball court lines) by either skipping, traveling backwards, or running wild. A Draw +2 or Draw +4 card means they must take either 2 or 4 more cards and do ALL the activities on the cards before coming back to the dealer, turning in their cards and taking a new one.

Note: If students are in a group, all group members must complete the exercises/laps before getting a new card. I allow students to join a group or separate from a group if they want.



*PUSH
UPS*



*SQUAT
JUMPS*



*RUN
1 LAP*



*SKIP
1 LAP*



*BACKWARDS
1 LAP*



*SIT
UPS*



*JUMPING
JACKS*



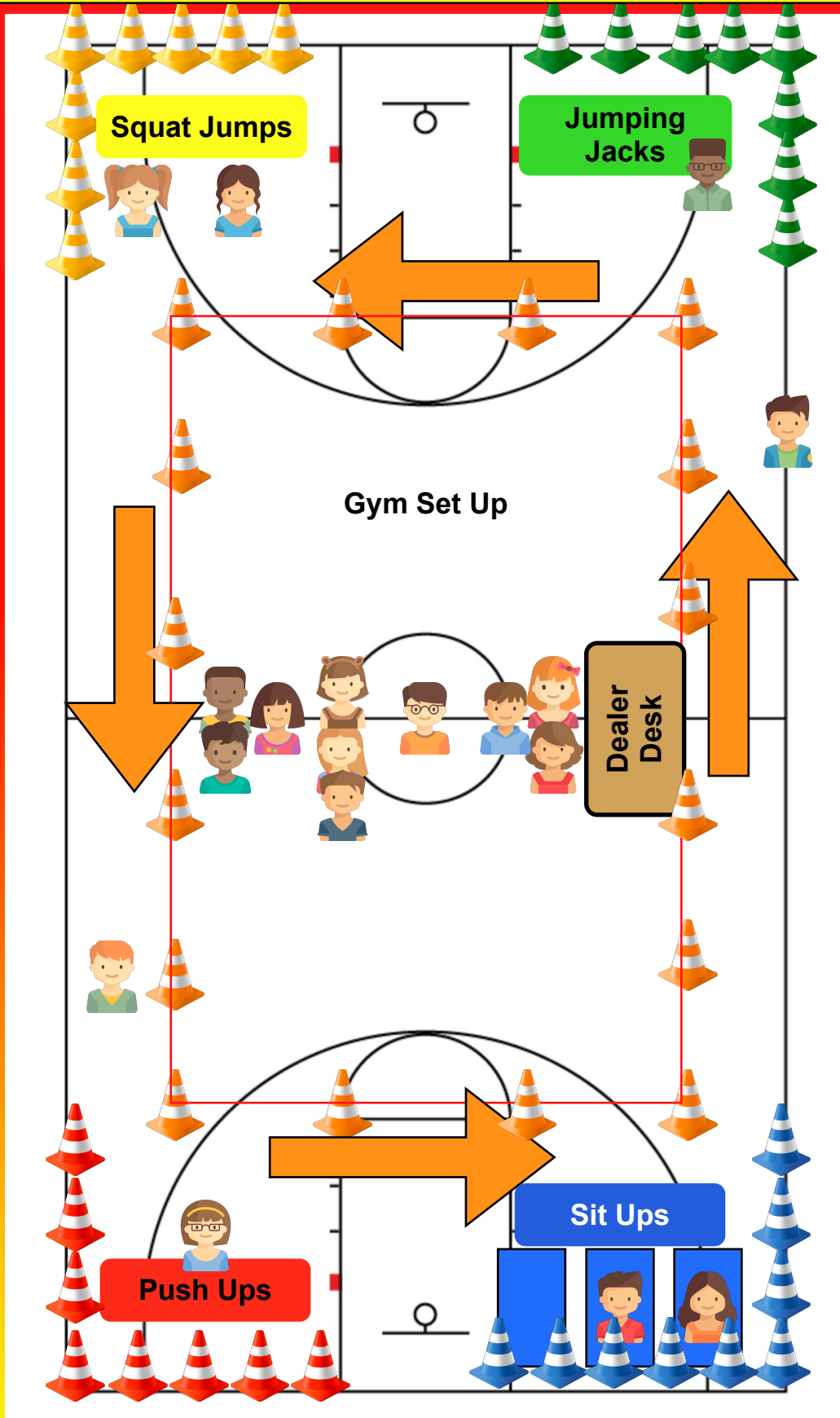
*PICK
2 OR 4
MORE
CARDS*



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*PUSH
UPS*



*AIR
SQUATS*



BURPEES



*JUMPING
JACKS*



*SKIP
1 LAP*



*BACKWARDS
1 LAP*



*RUN
1 LAP*



*PICK
2 OR 4
MORE
CARDS*



FITNESS

BY MIKE GRAHAM @PE4EVERYKID