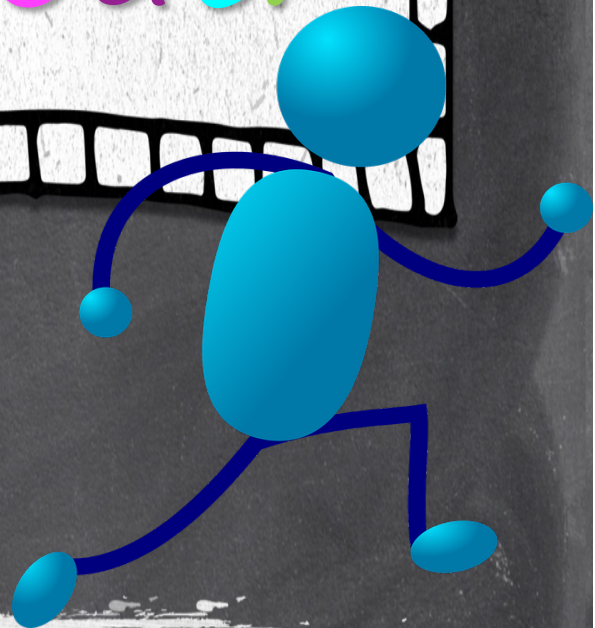




Do a
"Deck of
Cards"

P.E. Workout!





A note to the teacher

Print the attached deck of cards on colored cardstock. Cut out cards and laminate. Print out multiple copies to create a "deck."

Supply a jump rope for the activity. Activity can be played with one child or many more!

Three extra cards are left blank should you need to include a different shape or number. For extra pizzazz, place a sticker on the blank side of the cards!

Thanks for purchasing! This activity is brought to you by:



DO A "DECK OF CARDS" WORKOUT

Theme: Shapes, Numbers, Locomotor Skills

Subjects: P.E., Math

Goals: By the end of the activity, students will be able to:

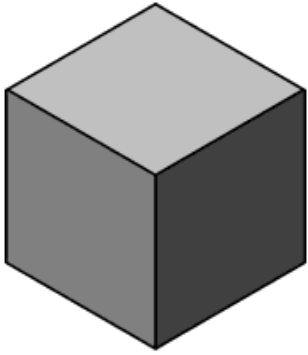
- Demonstrate basic motor skills and movement exercises, including:
 - Jumping jacks
 - Leaping
 - Somersaults (forward rolls)
 - Hopping on one foot
 - Side-Sliding
- Recognize 3D shapes:
 - Sphere
 - Cone
 - Rectangular prism
 - Cube
 - Cylinder

Materials:

- Deck of cards (printable attached)
- Jump rope

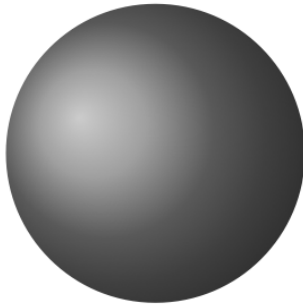


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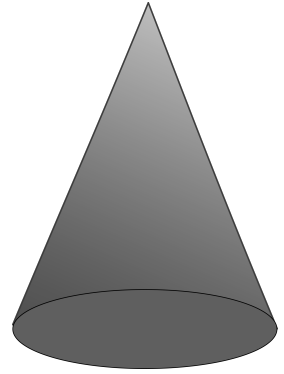
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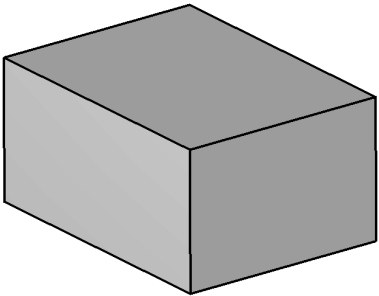
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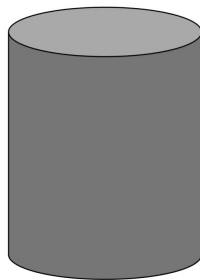
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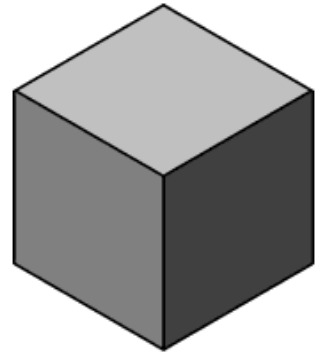
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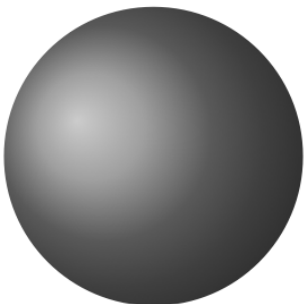
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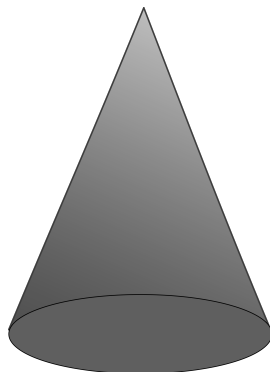
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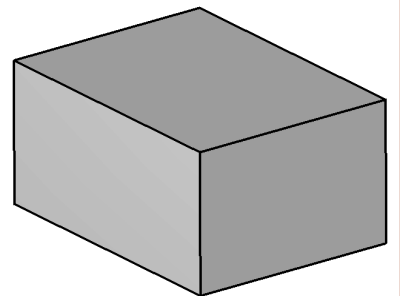
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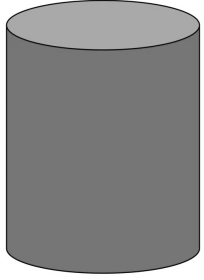
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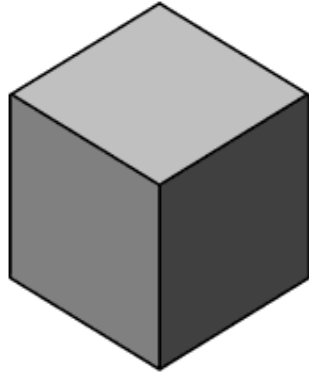
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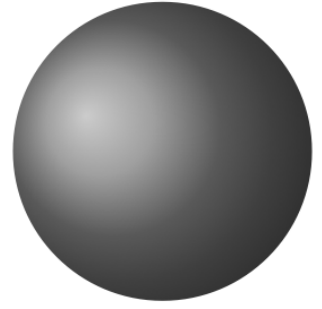
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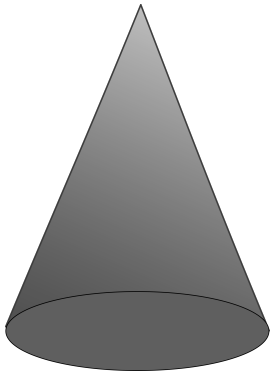
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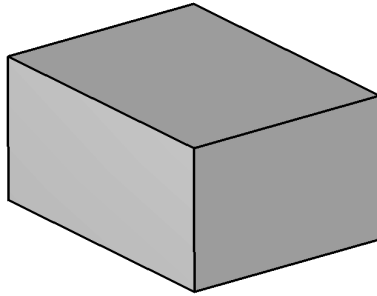
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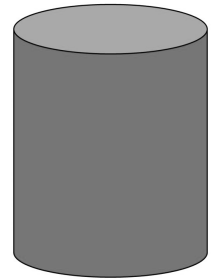
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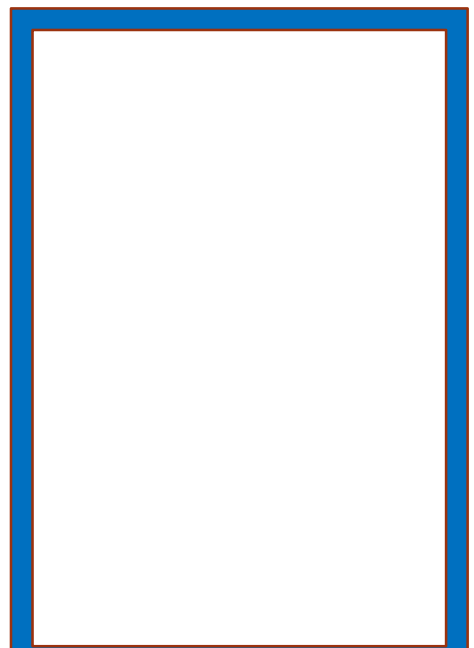
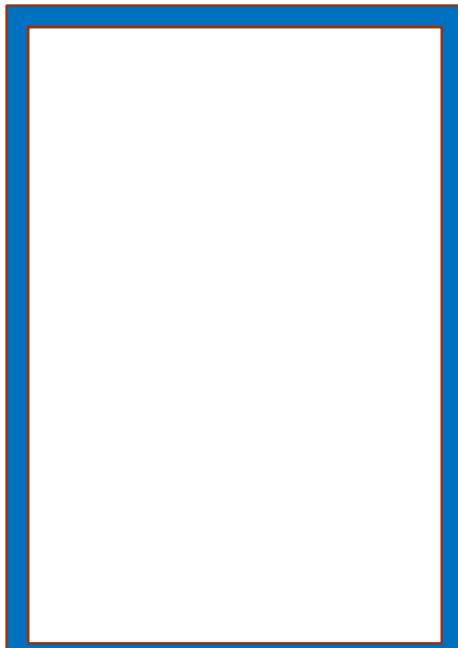
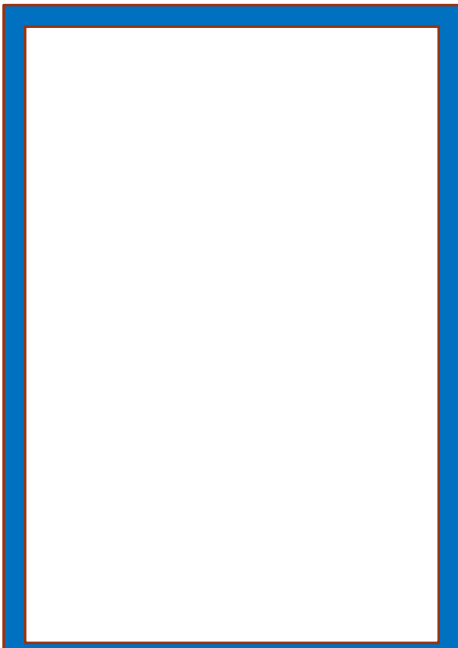


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DO A "DECK OF CARDS" WORKOUT



Directions:

1. Each shape is assigned a different exercise:
 - a. Sphere = Jumping jack
 - b. Cone = Leap
 - c. Rectangular prism = somersault (forward roll)
 - d. Cube = Hopping
 - e. Cylinder = Side-Sliding
2. Put the deck of cards in a pile. Take turns flipping the cards and doing that number of the exercise.
 - a. For instance, if your child flips over the card with a cube and 4 on it, he will hop on one foot 4 times!

How to extend the activity:

- Replace any of the exercises above with teaching your child to jump rope

Learning Tips:

A few tips to help your child learn each skill:

- **Jumping jack** – Stand upright with legs together, arms at the side. Bend knees slightly and jump into the air. As your child jumps, he should spread the legs and stretch the arms out and over their head. Jump back to starting position.
- **Leap**- Lay the jump rope on the floor in a line. Go over the rope leading with one foot and landing on the other.
- **Somersault**- Crouch down, tuck your legs and head and place hands on either side of the feet. Curl your back. Lean forward as you push off using your legs. Roll forward. Head and neck shouldn't touch the ground.
- **Hopping**- With one foot on the ground, push with toes. How fast can you hop? How slowly? Is one side harder than the other?
- **Side-sliding**- Move sideways with one foot with one foot leading (a sideways gallop). Have your child spread his or her arms wide and get some air in the middle of the slide.