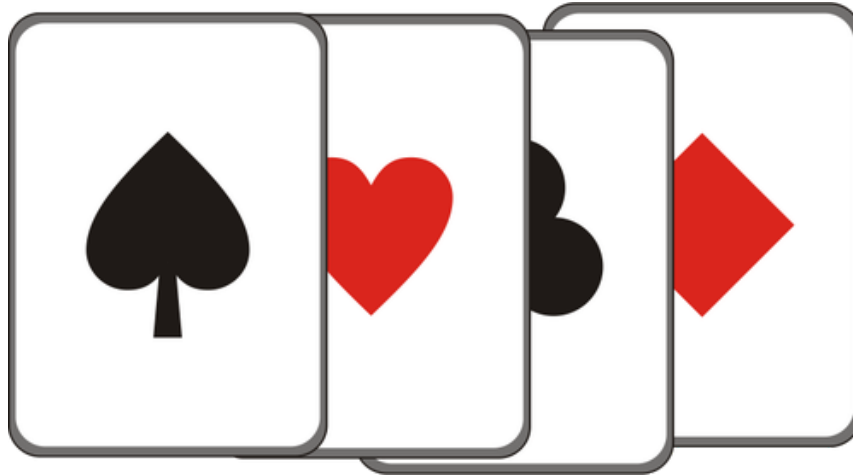


Pick a Card Fitness!



Teacher (or students) will take turns pulling a card from the deck. Students will complete the exercise associated with the symbol on the cards. 20 seconds of exercise or it could be “reps)

Hearts- Cardiovascular Exercise

Options: Jumping Jacks, Butt Kicks, Run in Place

Diamonds- Resistance Exercise

Options: Squats, Push Ups, Sit Ups, Plank, Weighted exercises

Clubs-Neuromotor Exercise

Options: Side Shuffles, Quick Line Feet, Balance Exercises

Spades- Flexibility Exercise

Options: Standing HS Stretch (legs together or legs apart), Standing quad stretch,