

# 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*



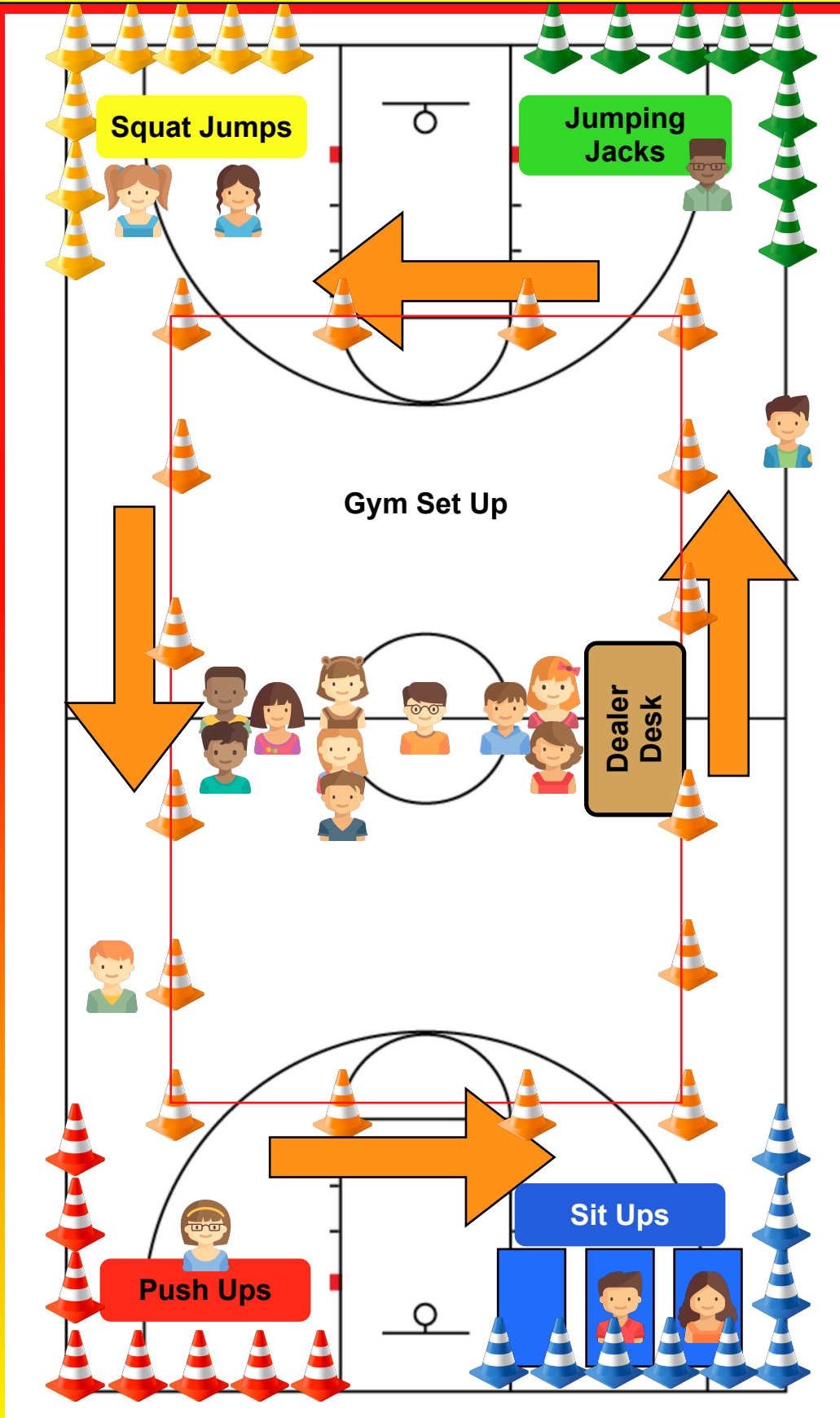
*PICK  
2 OR 4  
MORE  
CARDS*



# Fitness Activity

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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