

P.E. - Fitness Challenge

Equipment: Ordinary deck of playing cards

Instructions: You will do a different fitness skill for each suit of cards. Start by taking out all of the face cards and set them aside. Pick a fitness skill for each suit of cards and do the same number of reps as the number on the card. Examples: hearts are jumping jacks, diamonds are cherry pickers (abs), spades are shoulder taps, and clubs are mountain climbers. Set the deck of cards down, pick one card at a time, and then do the exercise that goes with it. You can do this activity individually or as an entire family. You can practice counting and working on fitness!



Challenge: Complete the fitness workout by going through a deck of cards. Take pictures of you and your family doing the challenge. Please post them on Facebook!



MOUNTAIN CLIMBERS