Name/Title: **Shamrock Fitness Challenge**

Suggested Grade Level: 3-5

Materials Needed:

Shamrock Challenge
Deck of Cards

Description of Idea

My students love these. I often have students describe how family members participate together. This activity addresses many of the National PE Standards (1, 3 and 5).

The students perform exercises at home, every day based on a deck of cards. Different suits represent exercises and the number of the card tells the student how many to perform. Students color in (or cross through or put an X) a shamrock (20 of them located at bottom of the handout--the will print black and white) for every day they exercise. When they are finished coloring the shamrocks, students bring in the shamrock for a prize from my prize box.

My prize box includes pencils, notepads, hacky sacks, jump ropes and extra JFH thank you gifts.

I used comic life to make my fitness challenge look cool.

Adaptations for Students with Disabilities:

The teacher could create special exercises for each of the 4 suits, depending on the students ability. Examples include, all fours or planks could be substituted for push ups. Stand up and sit downs in a chair for squats. Overhead stretch or jumping jacks for burpees.

Submitted by **jenni peters** who teaches at North Street School in Grafton, MA. Thanks for contributing to PE Central! **Posted on PEC: 2/19/2018**.

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