

Name/Title: Card Sharks Warm Up

Prerequisites: Students must be able to move in general space without colliding with each other.

Suggested Grade Level: 1-3

Materials Needed: Deck of cards

Description of Idea

Each student will get a card and they are not allowed to show it to anyone else. Spread students out around the gym. When the music starts they must move (NOT running to start with) and tag each other. When they tag someone, they switch cards with that person and keep moving to tag someone else. When the music stops students stop. The teacher calls out an exercise and the students must do as many as whatever number is on the card in their hands. All face cards are worth 10. The object of the game is to get the ace--this is a "students choice" card. This continues for four rounds, each with a new exercise such as jumping jacks, push ups, etc.

Teaching Suggestions:

Children do not have to run, they can skip or do any movement pattern they can think of.

Submitted by **Kim Williams** in Toms River, NJ. Thanks for contributing to PE Central! **Posted on PEC:** 5/12/2016.

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