

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Playing Card Fitness

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#### Game Description:

How many crazy dance moves do you want to do?  
You get to pick with this fun and active card game!

#### Objective:

Deal out the cards and choose how many you want to do!

#### Game Rules:

On all face cards write a different activity (ie. crazy dance moves, tuck jumps, hops, push ups, etc). The leader or dealer will deal out all remaining cards to the children. The dealer will flip an activity card (face card with activity on it) and each student will play a card to decide how many they want to do. Whatever they play is what they do! For example, if a student plays 5, they must complete 5 of the activity.

#### AGE:

4 to 6 years  
7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

#### TYPE OF ACTIVITY:

Multi-skill game

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair  
Small group (3-5 kids)

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Hop  
Jump  
Rhythm  
Skip