



UNO Fitness

Purpose:

Engage the entire class through physical activity and fitness.

Equipment required:

UNO Cards (laminates for easy cleaning and to protect from damage)

Procedure:

Split class into small groups. Spread the laminated UNO cards upside down over a ten metre line 20 metres from each of the teams (so team members cannot see the card they pick)

Ask the students to use different locomotor patterns to get to the UNO cards (e.g. run, skip, side gallop, bound or hop)

A member of each team picks up a card and returns to their team.

The team completes the activity corresponding to the card – e.g. Red 5 = power jump 5 times

Send the next team member to collect a new card. Continue until all students have picked a card.

Change the exercises to suit your lesson.

Red card: Power Jumps

Yellow Card: Star Jumps

Green Card: Grapevines

Blue Card: Push ups

Black Wild: 20 High Knees

Reverse: Perimeter backwards run

Skip: 20 Skips