



Move it Monday Activity Card



Today it's time to get moving with our Playing Cards activity!



* Jack = 11, Queen = 12, King = 13

- Print off or draw a picture of each suit and put them in different parts of your home or garden
- Decide on an activity for each suit (we have given you some examples)
- Shuffle a pack of cards and put them face down in a central place, then draw a card
- Go to the place in the house where this card's suit is based
- Whatever number card you have, do the exercise this many times e.g. Jack of Hearts = 11 star jumps *
- Leave the card at the base
- Go back and choose another card, and repeat until all the cards are gone
- You can also do this with throwing activities using balls or cubbly toys. For example, throw and catch, roll the ball on your tummy, roll the ball up and down your body, put the ball in and out your legs in a figure of 8.
- Make it harder by throwing a dice and x or + the number on the card e.g. 6 x 8 of Diamonds = 64 crunches

