Activity Plan

Activity Name: **Activity Cards**

Age Group: 12-16

Theme: Moderate to Vigorous Physical Activity

Activity Type:
- ☐ Opening Activity
- ☐ Main Activity
- ☐ Transition Activity
- ☐ Closing Activity

Activity Design Goals
- ☐ Learning each other’s names
- ☐ Team building and cooperation
- ☐ Learning a new skill
- ☐ Embracing differences and accepting diversity
- ☒ Other: Fundamental Movement Skills - Balance, Running

Step by Step Instruction
- With participants, create a set of activity station cards or posters related to endurance, strength, and flexibility activities.
- Assign hearts, diamonds, spades and clubs to the different activities (endurance, strength, flexibility).
- Post the station cards around the room, ensuring there is enough room in front of each.
- Place the deck of cards face down in the centre of the playing area.
- Divide participants into pairs.
- Partners take turns running to the deck, selecting a card, and then running to the activity station that corresponds to the symbol on their card. Pairs perform repetitions of the activity based on the number indicated on their card.
- The other partner then runs to the deck of cards and chooses another card and the process is repeated.

Use of Space
- ☐ A large playing area where participants can move around safely.
- ☐ Make sure there is enough space around each activity card for multiple groups to participate.
- ☐ Make sure space is free of debris, possible hurtful objects and is clean.
- ☐ Remind participants to take care of others and to be respectful; do not push others or grab a card from another player’s hand.

Equipment Required
- ☐ Deck of playing cards.
- ☐ Poster paper.
- ☐ Writing utensils.

Modifications
- ☐ Have participants select the activity station tasks and design the cards/posters themselves.
- ☐ Divide participants into teams and have one team member run to the middle and grab both a card and an activity slip. The entire team must then complete that activity the number of times indicated on the card.
- ☐ Insert jokers as water break cards.

People and Groupings
- ☒ Play in pairs.