

DIFFERENTIATION

– SOLO

- ✓ Complete for time limit 5-10mins
- ✓ Complete as many cards as can – count how many completed and try and beat the next day

TASK:

- Take a deck of cards and shuffle well – including jokers
- Numbered cards are valued as normal
- Face cards (Jack/Queen/Kings) are worth 10
- Aces are worth 11
- Each suit on the card represents an exercise as advertised
- 'DEAL' 1 card and perform the movement and number of reps specified.
- Once complete turn over another card, then repeat

DIFFERENTIATION –

2 people

- ✓ Using the same deck, complete the rules as opposite.
- ✓ Each player turns over own card
- ✓ Complete for time limit 5-10mins
- ✓ At the end of the time count how many cards each person has
- ✓ The 'WINNER' is the one with the most

SQUATS



SIT UPS



JOKER - 10 BURPEES



JUMPING JACKS



PLANK – HAND / SHOULDER TAPS



DECK OF CARDS

CONNECT 4 GAME

How to play

- In pairs take it in turns to complete the fitness tasks. Once complete an exercise you may colour in the circle.
- You must start from the Bottom.
- Once you have 4 in a row (Horizontal/Diagonal/Vertical) you win 1 point.
- Continue until no more circles are available.

30 Mountain climbers	20 Heel touches	30s High knees	30 Crunches	30 Step ups	20 Squats	12 Lunges
15 Burpees	10 Shuttle runs	12 Lunges	20 Squat jumps	15 Shuttle runs	3 Laps	20 Sit ups
10 Press ups	2 minutes running	20 Jumping Jacks	15 Sit ups	10 Jump Lunges	20 Heel touches	30s High knees
20 Step ups	10 Tricep dips	10 Shuttle runs	12 Lunges	20 Mountain climbers	15 Sit ups	10 Shuttle runs
15 Squat jumps	1 Minute skipping	30s Plank	15 Burpees	15 Crunches	15 Calf raises	15 Press ups
15 Sit ups	10 Press ups	20 Mountain climbers	10 Shuttle runs	10 Star Jumps	15 Lunges	15 Squats