



Playing Cards Workout Game



Press Ups

Sit Ups

Burpees

Squats

HOW TO PLAY

- Sit in a circle and place the deck of cards face down in the middle of the circle.
- The first person will pick up a card, they must perform the action (*suit*) followed by the amount of reps (*number*). E.g. 6 hearts = 6 sit ups.
- Play then moves clockwise to the next person.

Face Cards

Jack: If you pick up the Jack card, you must pick up the next card, double the number on it and then perform the action from the Jack card. If the card after the Jack is another face card you double the action again.

Queen: If you pick up the Queen card, you will half the number of the next card. If the Queen card is followed by another face card, you must half the number again. If your number falls below 1 move to the next person.

King: The King card allows you to pass your action onto somebody else in the circle. However, you must then pick the next card and complete that action.

Ace: If you pick an Ace you choose a partner and you both perform 20 of the given action.

Joker: If you are unlucky enough to pick a Joker, you must complete 5 of each action.



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