

AT HOME RESOURCES



This high energy activity incorporate fundamental movement skills and can be played in your living room, a large play area or outside.

UNO Fit

Equipment:

Deck of UNO Cards

Instructions:

Have the deck of UNO cards on a table or on the floor/ground outside.

Have each player draw one card, and have a list of exercises they can do based on the colour/type card:

- Red: push-ups
- Yellow: jumping jacks
- Blue: sit ups
- Green: lunges
- Skip-card: skip a lap around the area/playing field
- Reverse: jog or walk one lap backwards around the area
- Draw 2: pick two cards from the UNO deck and complete both exercises,
- Wild draw 4: draw 4 cards from the UNO deck and complete all exercises.

Set a time limit or number: i.e. 30 seconds or 10 of each.

The list of alternate exercises can be changed to meet the age/needs of the participants.

Alternate exercises:

- Touch your toes 5 to 10 times
- Leap Frog jump 5 times
- Hop up and down in one spot with two feet/one foot, 10 times
- Jump from side to side
- Arms out to each side and do arm circles



ST. JOHN'S