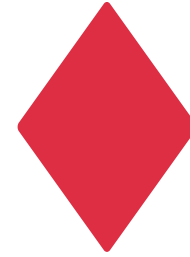


CARD FITNESS

EQUIPMENT:

Pack of Cards



INSTRUCTIONS:

Pick an exercise for each of the suits. For example, star jumps or lunges.

Shuffle the deck and lie all the cards face down.

Pick up a random card and perform the exercise. If you pick up the number 4, you perform the exercise 4 times.

If you pick up a face card, run on the spot for 30 seconds.

Repeat until all the cards have been picked up



NORWICH
SCHOOL SPORT PARTNERSHIP
