



PE Virtual Learning

4th Grade Card Workout

April 13-17



4th Grade PE

Lesson: April 13-17

Learning Target:

Students will participate in a fitness workout with a standard 52 card deck.

Background: Students will get a fitness workout in by drawing cards from a standard deck and doing the exercise related to that card.

Let's Get Started:

- **Red Cards**=Cardio Exercises
 - **Diamonds**=Pop Squats
 - **Hearts**=Plank Jacks
 - **Diamond Face Cards**=Jumping Jacks
 - **Hearts Face Cards**=High Knees
- **Black Cards**=Strength Exercises
 - **Spades**=Push-Ups
 - **Clubs**=Lower Leg Lifts
 - **Spades Face Cards**=Suitcase Crunches
 - **Club Face Cards**=Frog Jumps



Practice #1

Safety: Before beginning any activity, check in with your parents first and then make sure you have a safe space with enough room.

- When you draw a card you will do the number of reps based on the number on the card.



- Refer to the List in the Previous Slide.

- Face Cards (Ace, King, Queen, and Jack=10)



- Get Ready to Play!
- Set your pile of cards to the side.
- Make sure you have a large and safe place.
- Draw your first card and get started!

Practice #2

You can do this workout for time and see how fast you can get through the deck of cards!

Or

You can take your time and just focus on getting through the deck of cards!

Practice #3

Video Examples of Red Card Exercises

Jumping Jacks



fitness
BLENDER.COM

Plank Jacks



fitness
BLENDER.COM

Pop Squats



High Knees



fitness
BLENDER.COM

Practice #4

Video Examples of Black Card Exercises

Push-Ups



CrossFit

Lower Leg Lifts



Frog Jumps



Suitcase Crunches



Practice #4

Try it out!

Draw one card at a time, complete all the exercise reps before drawing another card.

Also here is an online version of a deck of cards to draw if you don't have any cards!

[Deck of Cards Online](#)

Play this game for your PE if you want or if you ever need a brain break!

Here are some different versions to play this game

- Grab family members to play with you!
- Take turns drawing cards and doing the exercises with others
- Split the deck, and race others.
- Count how many of each exercise you do and compare!

Practice on your own: Grab some family members to join you!



Self Check:

1. Was this lesson?

easy,

just right

hard

2. Explain to your parents or siblings how to play this game and get them to join you!

