

P.E Lesson

“Luck of the Draw”

Materials:

- Suit from a deck of cards (Ace- King)
- Students can make your own set from paper

Directions:

1. Students will have to select one card from a suit from a deck of cards.
2. Students will perform the exercise for that particular card selected.
3. Students will repeat this process.
4. The more participants for this activity the more exciting the game will become.

Exercises:

- Card Numbers

2-5: Student will perform total of 10 lunges L/R-5

6-10: Student will perform total of 10 Squats

Jack: Student will perform a 10 sec. Plank

Queen: Student will perform 10 Sumo Squats

King: Students will perform 10 Jumping Jacks

Ace: Students will choose which exercise they would like to perform.

YouTube Video: Will soon be posted