

# Energiser Activity - Hit the Deck

**Level:** All

**Equipment:** One deck of playing cards (Oversized cards are great)

**Purpose:** To start the day by incorporating physical activity to get students ready to learn, or as a brain break session in between lessons. This is especially helpful on a wet day.

**Formation:** Students stand somewhere in the classroom where they can move around.

## Directions:

1. Teacher places a deck of cards (face down) in front of the class. Each suit has a movement designated to it. (actions can be modified to the age and ability of students)

Hearts – touch elbow to knee (alternate sides)

Diamonds – jog or march on the spot

Clubs – star jumps or scissors (feet apart then cross in front, feet apart then cross in back)

Spades – squat jumps

2. Have one student select a card and all students complete the corresponding activity for each suit. Activities can be done for approximately 20 seconds.
3. Allow other students to have the opportunity to select from the deck of cards. Continue for as long as you wish or time allows.

## Suggestions:

- Write corresponding activities on the board for each suit.
- Record activities on chart paper so activities can be done outside the classroom
- Choose a limited number of cards from designated suits to save time

## Variations:

- Ask students to suggest possible movements
- Add music for the students to move to

## For Under-fives:

- Focus on the key fundamental movement skills you want the children to learn, e.g. bouncing, hopping, crossing the midline, balancing on one leg etc.
- Link the fundamental movement skill to an animal movement the children are familiar with, e.g clubs = hop like a rabbit; diamonds = crawl like a bear; hearts = walk like a crab; spades = tip toe like a mouse.

## Cross Curricular Links:

- Te Reo - Use Maori words for activities
- Numeracy- estimate how many of the different actions they can do within the time period. Keep a log to see how their fitness develops
- Literacy- use as a starter activity to write instructions on how to play the game

## Links to fundamental movement skills:

This activity will help to develop;

- Locomotor skills- choose from a range of locomotor skills

