

# FITNESS CARDS



Fitness is an important feature in any child's life. Whether it is gross body movements or quick sprints, children need to exercise daily. Use these Rugger's Fitness Cards to help children appreciate the need for fitness through some simple and fun exercises.

Each set of cards comes with eight activities and three different levels. Either select a level appropriate to your class or give each child an appropriate level to complete.

NOTE: Some activities require a mark on the ground or some cones.

## HOW THESE WORK

1. There are three different sets of cards. Simply choose one of the sets and place them around a court, room or hall.
2. The children are split up evenly around the cards e.g. four per card. The children will go to each of these stations (cards) and complete the activity shown on the card.
3. When all children have finished their activity the teacher calls "change" or blows their whistle and they move on to the next card e.g. clockwise. A minute for each card is a good indicator.
4. After eight activities or stations, the fitness session is over.

## EXTRA NOTE

Like all things we do with children, check to make sure that the exercise is technically correct. Some children will believe it is a race, which it is not. Perhaps a 'round' for demonstration purposes is a good idea before you get started.

Feel free to mix the cards up if you need a change.

