

Super Deck: A Multi-Game Fitness Card Deck:

A 54 card deck that can be used to play multiple games to get students fit and active.

Dan DeJager: @thepechallenge dddejager@yahoo.com

How can you use this deck?

You can use this deck to play a variety of games that are fun to play and incorporate some fitness exercises along the way. It can be used by physical educators when they are inside with limited space to help develop student fitness and teach proper exercise technique. It can be used by classroom teachers to give students a “brain break”. It can also be played by families at home to help kids develop fitness, to give students a break between other subjects while homeschool teaching or as a fun game on game night.

How do you make the deck?

For this deck, you will need to color your own. Print 6 copies of the card deck sheet at the end of this document or if you don't have a printer you can create your own. Color the backgrounds on 2 of the sheets purple, 2 green, and 2 red with colored pencils, crayons or colored pens. Cut out the cards. If you did not print on cardstock, you may want to glue the cards to index cards or the face of other playing cards. You can also put the cards in card sleeves.

How do the symbols work?

There are 3 symbols: Push-Ups, Crunches and Body Squats. Whenever a card is used to exercise, the player performs one repetition for that type of exercise for each symbol on the card. Modifications can be used for each exercise to meet student ability levels. For upper grade students, each symbol might be worth 2 or 3 repetitions.

Seven Great Games You Can Play...

Fit Frenzy

Grade: K+

Players: 2-5

Time: 10 minutes

On the word “Go” players each draw a card from the stack of cards in the center of the play area. They then perform the proper number of exercises on the card. Once the player has completed the exercise, they draw another card and perform that exercise. Players continually draw and complete exercises until there are no more cards. When there are no more cards left in the super deck the game is over. The player with the most cards at the end wins. If there is a tie for the number of most cards, the player with the most symbols on their cards is the winner.

Fit Frenzy 5

Grade: 5+

Players: 2-5

Time: 10 minutes

Each player is dealt 2 cards face up in front of them. Each player completes the number of exercises on their cards. When they have completed the exercises, they draw 2 more cards from the draw pile and discard any one of their cards. They then complete the exercises for the cards in front of them (now 3 cards). Once exercises are complete, they can draw 2 and discard any one card in front of them again (and perform all of the exercises again.) Play continues until a player gets 5 cards of either the same color or same exercise. The first player to get the 5 matching cards is the winner.

Fit Frenzy Solo

Grade: K+

Players: 1

Time: 1 minute+

The player gets a timer ready for 1 minute. The player then starts the clock. Player draws a card from the stack of cards in the center of the play area. They then perform the proper number of exercises on the card. Once the player has completed the exercise, they draw another card and perform that exercise. Player continually draws and completes exercises until the timer goes off. When the timer goes off the game is over. The player counts the number of cards they earned, takes a quick break, then it's time to play again to see if they can beat their score.

Quick Draw

Grade: 3rd+

Players: 2-5

Time: <5 minutes

The objective is to get 5 cards of the same color. Players are each dealt 5 cards. Players can choose to discard 1 to 4 of their cards. They then draw a card for each card discarded. Their hand should be back to 5 cards. The player with the most cards of the same color is the winner. If there is a tie, the player with the most symbols on their cards is the winner. All players, including the winner, then complete the 5 card workout made up by the winner's card's symbols.

Remember The Exercises? (“Memory”)

Grade: K+

Players: 2-4

Time: 10 minutes

Remove all cards of one color (put the others aside) and place them in the center of the player area in 3 lines of 6 cards each face down. Players take turns flipping 2 cards. If they find 2 cards that are exactly the same, they keep those cards and flip again. If they find 2 cards that are different all players do the exercises on those cards. The cards are then flipped back over and it is the next player's turn to flip. Play continues until there are no more cards left in the center play area. The player with the most cards wins.

Workout!!!

Grade: 3+

Players: 2-4

Time: 20-30 minutes

1. Choose a dealer. Dealer shuffles all cards and deals 12 cards face up in the center of the players.
2. Players look at all cards in the center.
3. Players yell "Workout!" if they can find 3 cards with every card either having all similar or all different characteristics as the other 2 cards.
4. They must all either have all the same or different exercises, colors, or number of exercises.
5. The Workout is checked by all players to make sure its characteristics are either all the same or all different.
6. If the 3 cards form a Workout and each characteristic on the 3 cards is either all of the same or all different, play is paused and all players do the exercises on those cards.
7. The player that found the Workout keeps those cards, then places 3 new cards in the center.
8. If a group is unable to find a Workout within 1 minute, remove and replace 3 of the cards.
9. Play continues in this manner and players continue to find and keep "workouts" until no more "workouts" can be found in the center. This is the end of the game. The player with the most cards at the end wins.

No Mas!

Grade: 1+

Players: 2-4

Time: 15 minutes+

Place the shuffled stacked Super Deck face down in front of all of the players as a draw pile. Deal 5 cards to each player. Flip one card face up from the draw pile. Decide on the start player. That player must play one of the cards from their hand on top of the face up card that either matches the color or the exercise on the card that is face up. If they cannot place a card they must draw a card from the draw pile. If they can place the card they just drew, they may play their card right away. After their turn, play continues with the player to their left. Play continues until one player runs out of cards. That player is the winner of the round. All other players flip over their cards and all players, including the winner, complete the exercises on the remaining cards. The winner then receives one point for each symbol on the cards that were left in the other players hand at the end of the round. Use a pencil and paper to keep score. Play to 25 or 50 points or a time limit of 15-45 minutes. Whichever player has the most points at the end is the winner.



A note from the designer:

Hi! My name is Dan DeJager. I have extensive experience in the world of physical education and was recently blessed to be named 2019 SHAPE America National High School Physical Education Teacher of the Year. Besides physical education, I am also passionate about playing and creating card and board games. I have been working on this design off and on for several years, but I wanted to make it available now to encourage students and their families to get fit while having fun even if they cannot leave their homes. Please feel free to share this print and play of the Super Deck with other teachers, parents and kids at no cost. If you have questions, comments or would like to publish this in to a “real card game” and make the dream a reality please contact me at dddejager@yahoo.com or on Twitter @thepechallenge. Thank you and have fun getting fit!

-Dan DeJager