



KidsRUN RVA



Activity: UNO Fitness

Directions: Get students into a large circle and make sure they have enough space in between them. Put a shuffled stack of UNO cards in the middle of the circle with the instructions lying beside it. Have students come up one at a time to draw a card and lead the group through the assigned exercise.



REGULAR CARDS: THE COLOR OF THE CARD TELLS YOU WHAT EXERCISE TO DO.

THE NUMBER TELLS YOU HOW MANY TO DO!

RED	PUSH UPS
GREEN	JUMPING JACKS
BLUE	SQUATS
YELLOW	CRUNCHES

SPECIAL CARDS : THE SPECIAL UNO CARDS HAVE SPECIAL INSTRUCTIONS!

	+2	SKIP THE EXERCISE OF THAT COLOR BUT DRAW 2 MORE CARDS & DO BOTH OF THOSE!
	↻	GO BACK AND DO YOUR LAST CARD OVER AGAIN!
	⊘	SKIP THE EXERCISE – TAKE A SIP OF WATER INSTEAD!
	+4	DRAW 4 MORE CARDS & DO ALL OF THOSE EXERCISES!
	WILD	STUDENT CHOICE!

Have questions? Email us: KidsRunRVA@sportsbackers.org

**Check out our library of Exercise GIFS at:
www.sportsbackers.org/program/kids-run-rva/exercise-examples/**