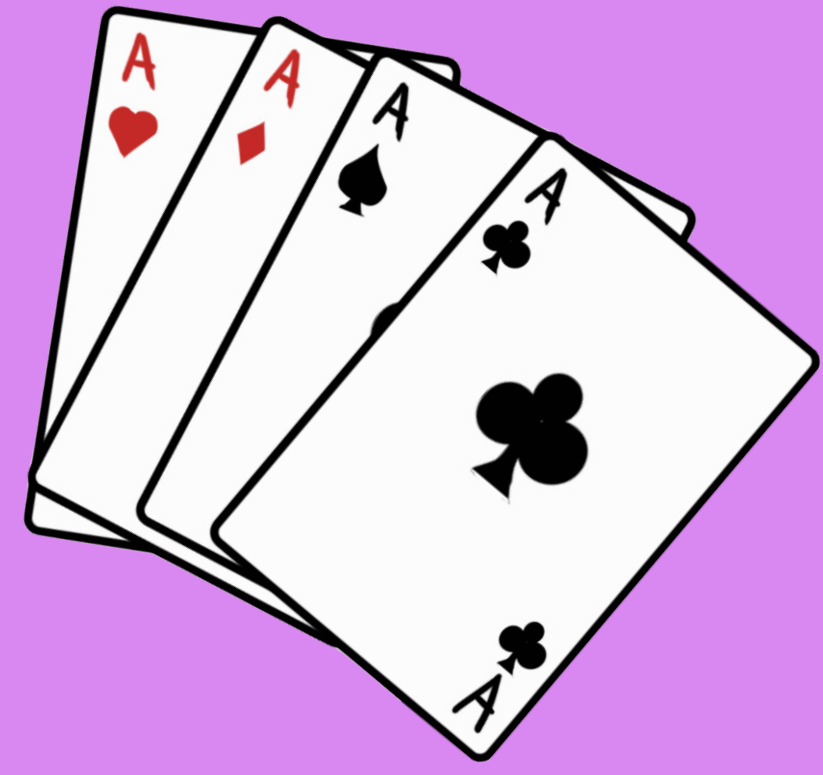




Get Set 4 P.E.



Play the deck

What you need: A pack of cards

How to play:

- Assign each suit to an exercise e.g.
- clubs are sit-ups, spades are star jumps,
- hearts are lunges, diamonds are squats.
- Place all cards face down and take
- turns to choose a card from the deck.
- Complete the number of each exercise
- for the suit e.g. 10 of diamonds would
- be 10 squats.
- If a face card is chosen, run on the spot
- for 30 seconds.

How many cards can you complete?