

Instructions and Materials Needed:

What you will need:

1. Deck of Cards
2. You can print out the blank version below or just create your own with a piece of paper or white board
3. Writing utensil
4. I recommend using sticky notes but you could use any small toys or markers (4 of whatever you decide to use)

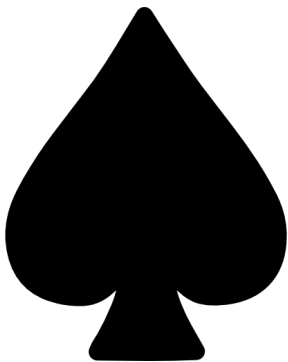
Instructions:

1. Shuffle cards. Place on the side
2. Either print out blank version or create your own
3. Fill in your blank Luck of the Draw sheet with 12 exercises you can do safely and comfortably (3 exercises per card shape-3 for hearts, 3 for spades, 3 for clubs, 3 for diamonds=12 total)
4. Fill in random numbers for the Aces, Kings, Queens, and Jacks. Don't make it more than 25.
5. For the example, lets look at my Luck of the Draw game sheet. The first person draws a card. Let's say they drew a 6 of hearts. Everyone will need to spin in a circle (slowly and safely!!) 6 times. Use the sticky note or small object as a placeholder to remember that you just did the circles. Put the 6 of hearts in a separate pile. Next person draws a card. Say they drew a Queen of hearts this time. Put the queen of hearts in the pile with the 6 of hearts, and everyone does 20 two footed jumps. Move your "hearts" placeholder down to the last exercise. Then the next person draws a card. You continue doing the exercises you've created with the corresponding number on the card. If you make it through all three of the shape's exercises, just move the place holder to the top again and continue the game.

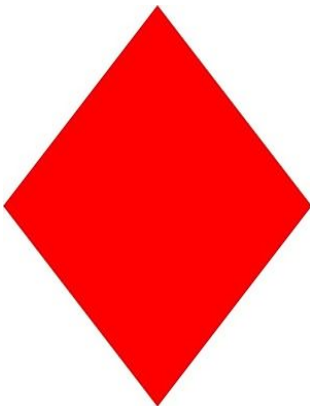
Luck of the Draw!



- **Spin in a circle**
- **Jump with 2 feet**
- **Hop on 1 foot**



- **Dance**
- **Run in place**
- **Jumping Jacks**



- **High Fives**
- **Curl ups**
- **Plank**



- **Arm circles**
- **Balance on 1 foot**
- **Toe raises**

A= 16

K= 2

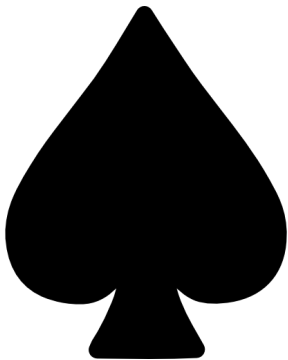
Q=20

J=7

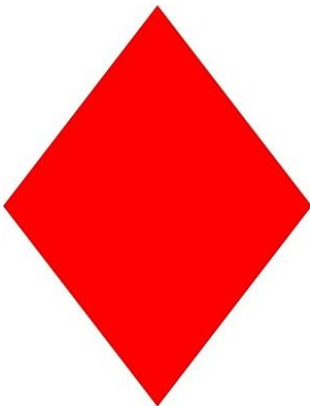
Luck of the Draw!



•
•
•



•
•
•



•
•
•



•
•

A=

K=

Q=

J=