





DRAW

2



Draw 2 cards from
middle of gym and do
the activities.

SKIP



Skip 1 lap
around gym.

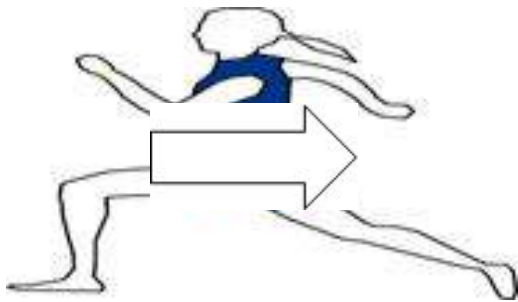
3





REVERSE

Jog 1 Lap
Backwards





W
I
L
D

Choose any color and
perform an activity.



W

I

L

D

Draw 4

Draw 4 cards from the middle of the
gym and perform the activities.

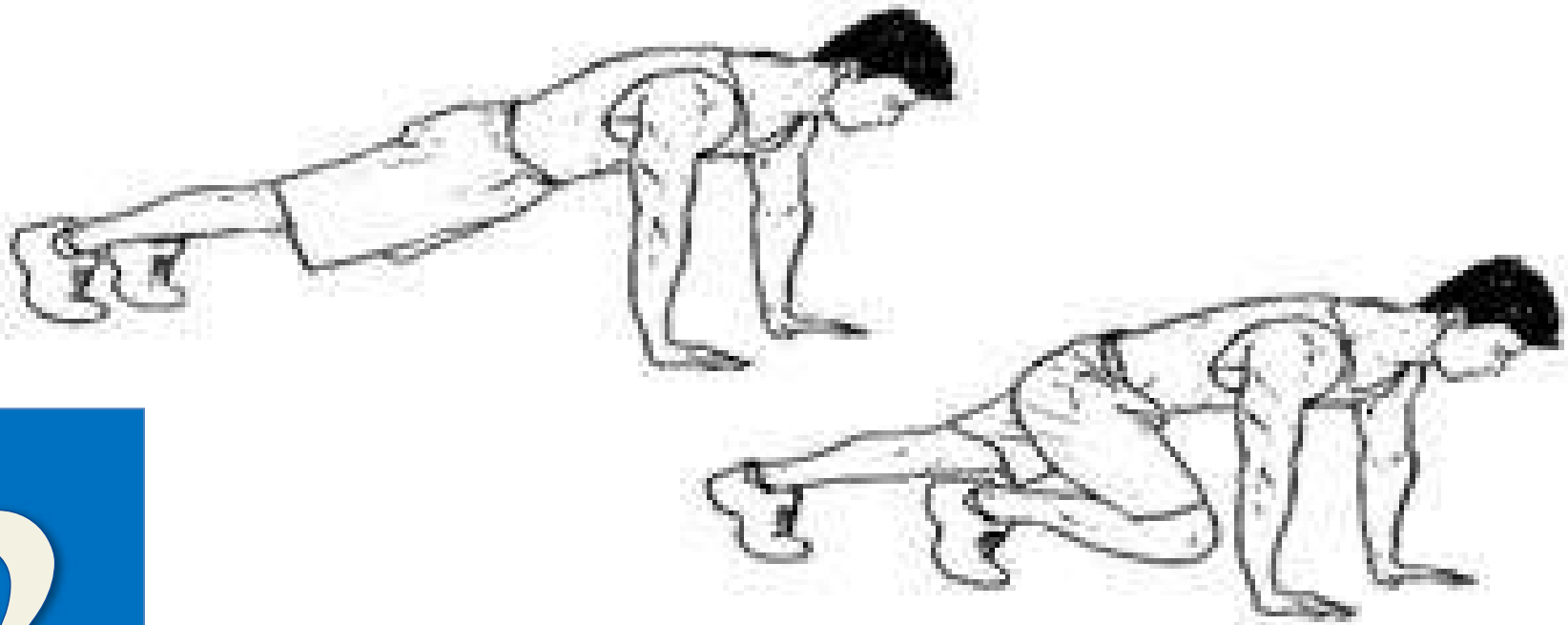
BLUE =
CARDIOVASCULAR
ENDURANCE

20 Jumping Jacks

1



20 Mountain Climbers



2

20 Star Jumps

3



20 Line Jumps



4

20 Plank Jacks



5

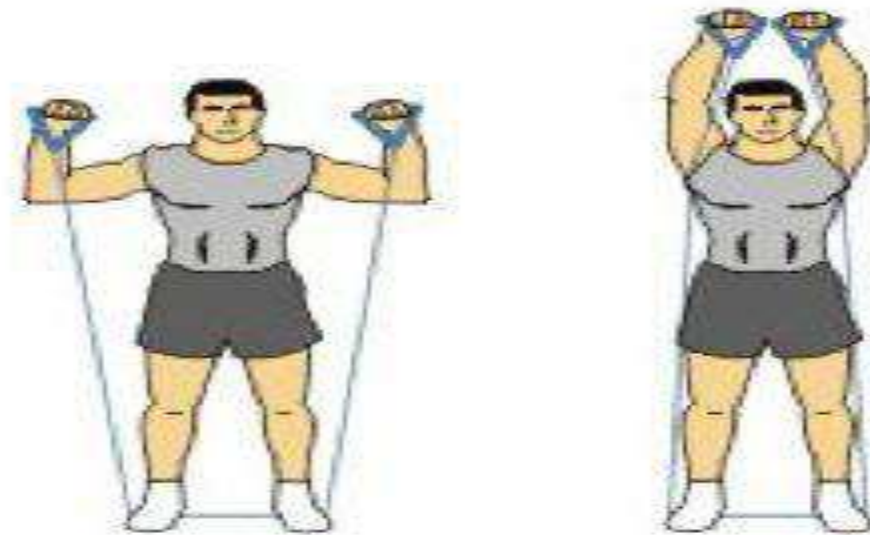
20 Skater Jumps



6

RED=
Muscular
Strength/Endurance

20 Shoulder Presses



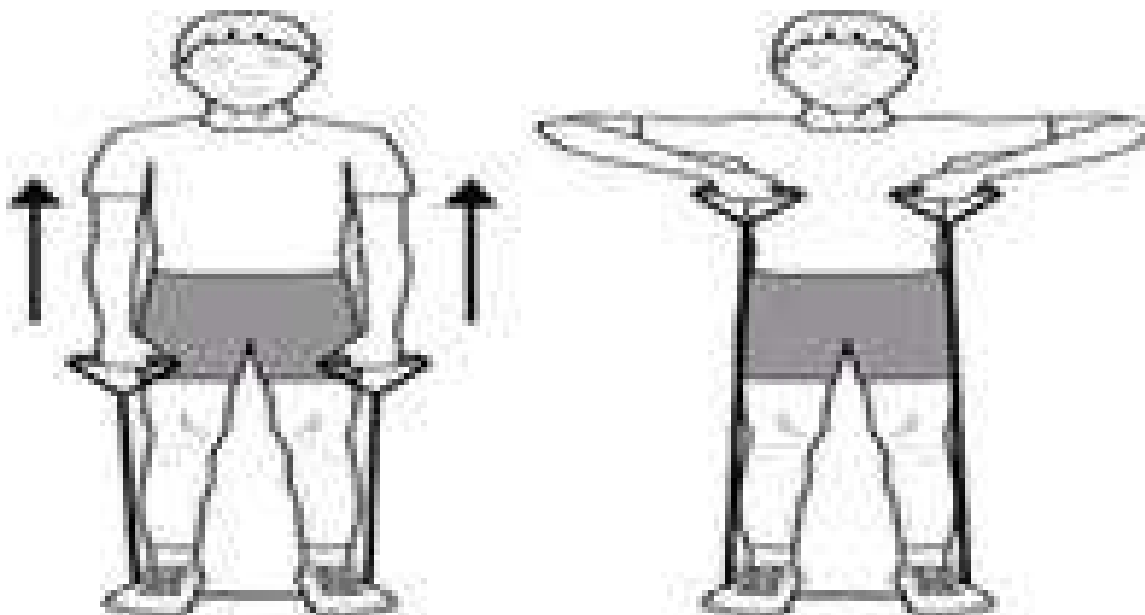
1

20 Seated Rows



2

20 Upright Rows



3

20 Tricep Kickbacks



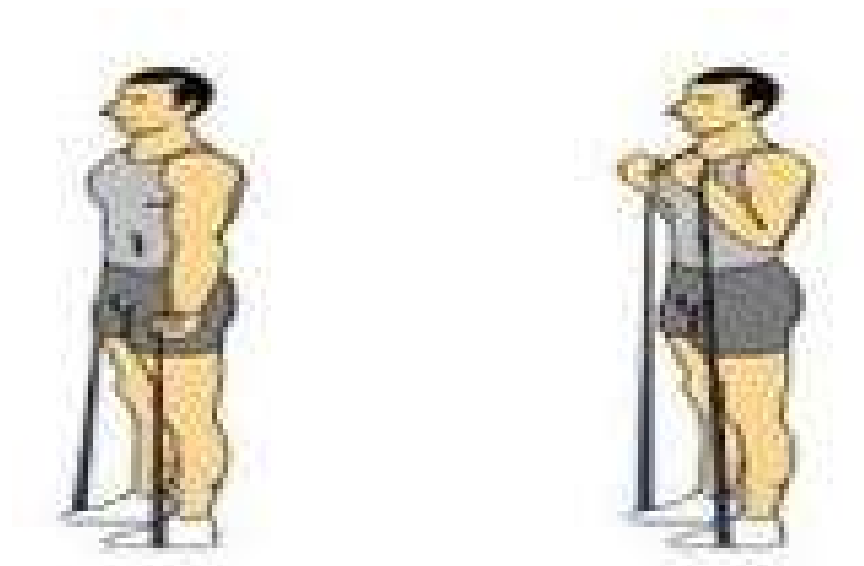
4

10 Lunges Each Leg



5

20 Bicep Curls



6

**YELLOW=
FLEXIBILITY**

20 Seconds

1



20 Seconds Each Leg



2

20 Seconds



3

20 Seconds Each Leg



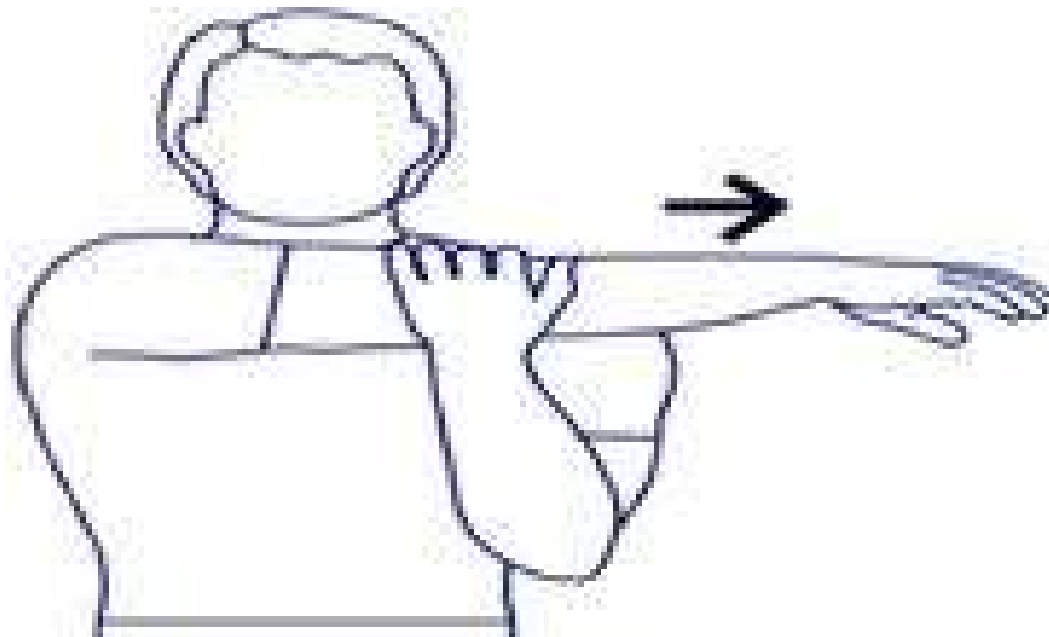
4

20 Seconds Each Side



5

20 Seconds Each Arm



6

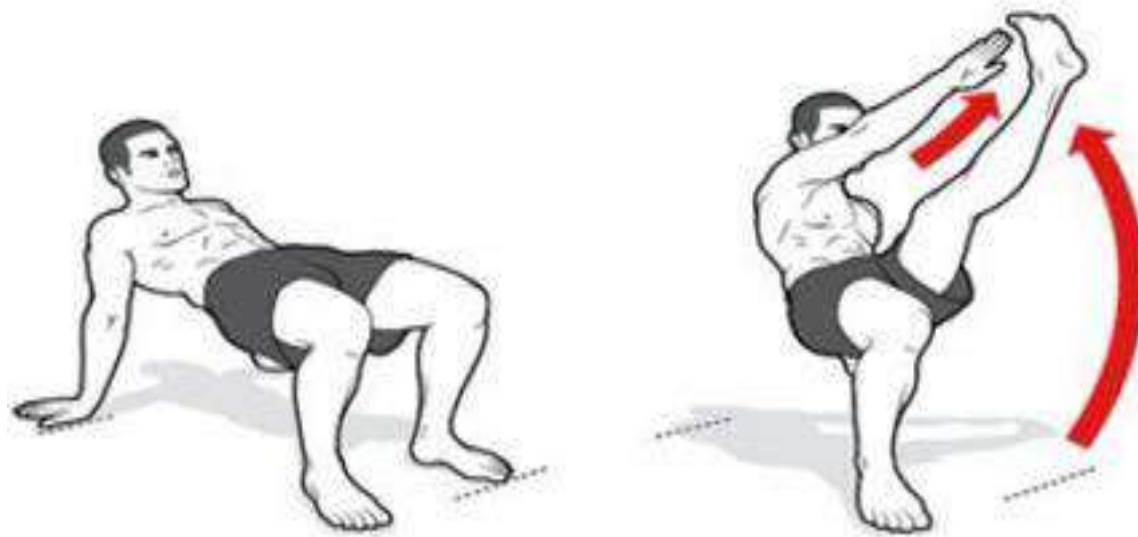
GREEN=
TOTAL BODY

20 Push Up Shoulder Touches



1

20 Crab Toe Touches



2

20 Ab Twists



3

20 Crab Kicks



4

20 Second Forearm Plank



5

10 Squat Jumps



6

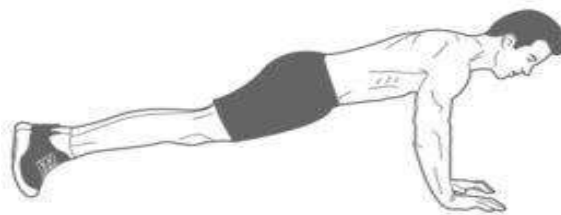


Task cards
for middle of
gym

15
Knee
Tucks



10 Second Push Up Plank



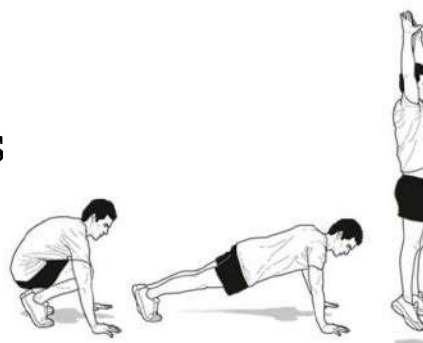
10
Plank
Kicks



10 Caterpillars



5
Burpees



10
Full
Sit Ups



20
Elbow
to
Knees



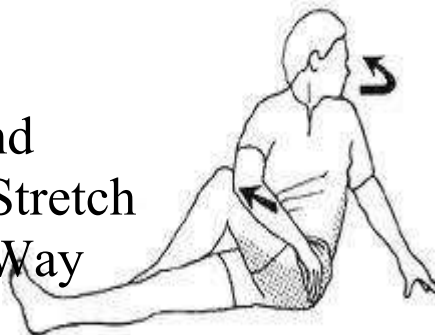


20
Penguins



5
Frog
Jumps



<p>5 Push Ups</p> 	<p>20 Second Butterfly</p> 	<p>20 Second Pretzel Stretch Each Way</p> 
---	---	---

How to Play:

- Designate each wall of the gym an UNO color. You can either tape the exercises to the wall or lay them flat.
- Place a few large dice at each wall so students can roll the dice to see what exercise they are to perform.
- Break students up into groups of 2-4 (depending on class size)
- Place the task cards in the middle of the gym (I put mine in hula hoops)
- Place the Reverse, Skip, Wild and Wild Draw 4 cards in view for all students to see.
- With my small modified PE class the group can come up to me or my senior leader to get their UNO cards. I would suggest designating an area of the gym for the actual UNO cards if your class is larger than mine (12). Students will return their cards to you or the designated area once finished.
- You will notice that I have a set number of reps for each activity. I have played this game 3 different ways:
 - The number on the card is the number of reps they do of their rolled exercise. (red 5 = 5 lunges each leg)
 - The number on the card means absolutely nothing! They go to the COLOR and roll and perform the activity associated with their roll.
 - The group ADDS their number to the number on the activity sheet. (green 4 = 24 second forearm plank)