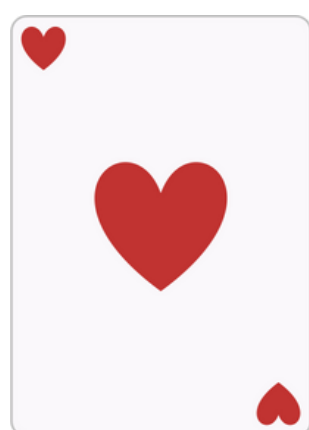




## Activity: Card Relays

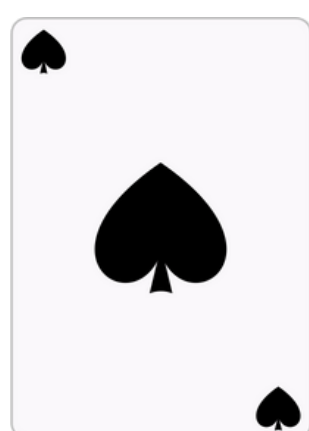
**Directions:** Shuffle a deck of cards and then split it evenly into two piles of 26 cards, placed across from one another at one end of the room or outdoor space. Split your group into two teams and have each team across from a pile of cards. The students will run, relay style, down to the pile, grab a card and run back to their group to do the exercise together before the next student goes. The first team to complete their pile of cards wins!



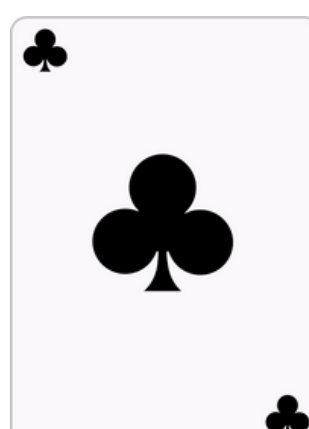
**Heart** = Jumping Jacks



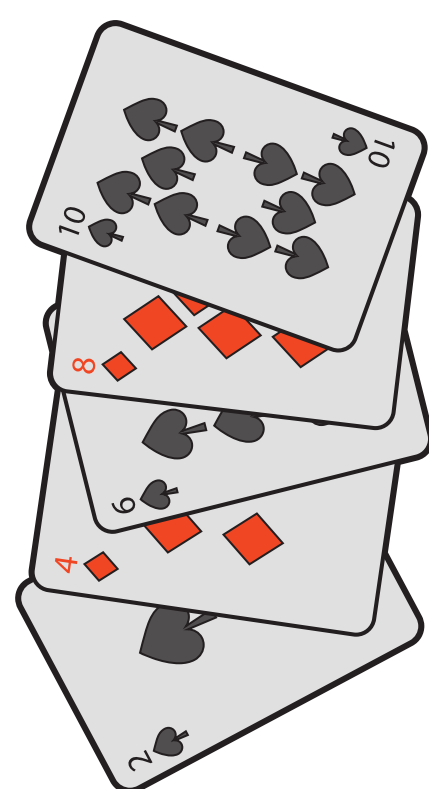
**Diamond** = Push Ups



**Spade** = Mountain Climbers



**Club** = Squats



**The card value tells you how many to do!**

**2-10:** Do the number on the card!

**J, Q, K:** Do 10!

**ACE:** You only have to do 1!

---

**Have questions? Email us: [KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)**

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