

Fitness UNO

Click to become an
Active Schools
Champion

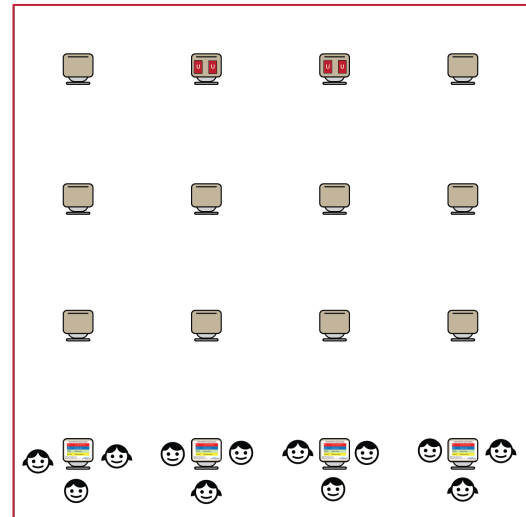
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 1 deck of UNO cards
- 1 Fitness UNO Chart per group of 2–4 students

Set-Up:

1. Create teams of 2 to 4 students; each team gathered around a home base (1 desk at the end of an aisle).
2. Each team has 1 Fitness UNO Chart.
3. Uno Cards are scattered on 1 or 2 desks in the row furthest from home bases.



Activity Procedures:

1. It's Active Classroom Time! Let's play Fitness UNO. There are 2 parts to this game.
2. The object of Part 1 is to collect 7 cards per team in a relay race format. When the music starts, 1 player from your team will move to the front desk and collect 1 UNO card. When that player returns to the team, the next player will go. Continue until you have 7 UNO cards.
3. The object of Part 2 is for your team to play (get rid of) your UNO cards 1 at a time. Use the Fitness UNO Chart to identify the exercises that correspond to the card color. Then, complete the number of repetitions displayed on the card. Example: to discard a "Blue 9," the entire team completes 9 repetitions of the exercise that corresponds to the blue cards. As soon as the exercise is complete, a player from your team will run and put the card back in the card pile at the other end of the activity area.
4. When your team has 1 card left, yell out, "UNO!" before completing the final exercise.
5. TEACHER NOTES:
 - ✓ Use the MS Word formatted document to create your own customized Fitness UNO Charts.

Academic Language Focus:

- **Active Lifestyle** (noun) A way of life that values physical activity as an essential part of living; characterized by the integration of physical activity into daily routines and recreation.
- Reinforce that activities like Fitness UNO help the students build activity into their daily routine.

STANDARDS & OUTCOMES ADDRESSED

College & Career Readiness (Speaking & Listening)

Participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

College & Career Readiness (Language)

Acquire and use accurately a range of general academic and domain-specific words and phrases sufficient for reading, writing, speaking, and listening at the college and career readiness level.

DEBRIEF QUESTIONS

Depth of Knowledge (DOK) Tiered Question Sets:

- **DOK 1:** What would you include on a list about active lifestyles?
- **DOK 2:** How would you compare and/or contrast an active lifestyle with a sedentary lifestyle?
- **DOK 3:** How is an active lifestyle related to a person's happiness?