



FITNESS UNO

STUDENT TARGETS

- **Skill:** I will demonstrate safe and correct exercise form.
- **Cognitive:** I will discuss the importance of aerobic capacity.
- **Fitness:** I will pace my activity to work within my target heart rate zone.
- **Personal & Social Responsibility:** I will cooperate with my teammates and use encouraging language.

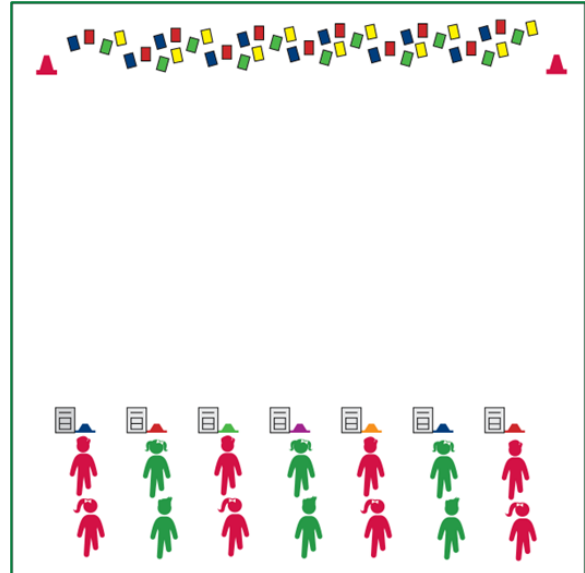
EQUIPMENT & SET-UP

Equipment:

- 1 low-profile cone per group of 2-4 students
- 1 deck of UNO cards (or regular playing cards)
- 2 large cones
- 1 Fitness UNO chart per group of 2-4 students

Set-Up:

- Create 2 parallel lines 20 meters apart. Along one line, place 2 large cones with UNO cards scattered between them. Along the other line, spread low-profile cones evenly as a home base for each team.
- Create teams of 2-4 students, each team at a low-profile cone.



ACTIVITY PROCEDURES

1. This activity is called Fitness Uno. We'll be focusing on aerobic capacity. (*Teacher Note: Muscular fitness and flexibility UNO charts are also available.*)
2. The game is played in 2 phases. During phase 1, teams will collect 7 cards per team in a relay race format. Each player will run to pick up 1 card, return it to home base, and then high-5 the next player so that they can collect the next card. You will keep the cards face down until phase 2 begins.
3. In phase 2, teams will work to get rid of all of their collected cards 1 at a time. Use the Fitness UNO chart to identify exercises that correspond to the card color, and then complete the number of repetitions displayed on the card. For example, to discard a "Blue 9," the entire team must complete 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 the 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.

GRADE LEVEL PROGRESSION

- **Grade 3:** Play the activity as described above.
- **Grade 4:** Introduce Muscular Fitness and Flexibility UNO charts.
- **Grade 5:** Allow students to create their own UNO charts.

TEACHING CUES

- Focus on exercise form to stay safe while moving.
- Keep the pace up to try and stay within your target heart rate zone.
- Communicate with positive and encouraging language.

**FITNESS UNO** (continued...)**UNIVERSAL DESIGN CONSIDERATIONS**

- **UDL 1:** Create custom Fitness UNO charts that meet the needs of your students and set students up for success.
- **UDL 2:** Deal the cards at the start of the activity rather than have students collect them.
- **UDL 3:** Use verbal cues and exercise demonstrations to help show correct and safe exercise form.
- **UDL 4:** Allow for modifications to any exercise as needed.
- **UDL 5:** Use peer partners as needed.

ACADEMIC LANGUAGE

Actively Engage, Aerobic Capacity, Exercise Form, Health-Related Fitness

PRIORITY OUTCOMES**Fitness Knowledge:**

- **(Grade 3)** Describes the concept of fitness and provides examples of physical activity to enhance fitness.
- **(Grade 4)** Identifies the components of health-related and skill-related fitness.
- **(Grade 5)** Identifies activities that require and/or improve the components of fitness.

DEBRIEF QUESTIONS

- **DOK 1:** What is aerobic capacity? What is Muscular Fitness? What is Flexibility?
- **DOK 2:** What are all of the different components of health-related fitness?
- **DOK 3:** How is aerobic capacity related to your ability to do the things that you like to do? Muscular Fitness? Flexibility?
- **DOK 4:** Let's analyze the positive and negative consequences of different lifestyle choices and habits. For example, what are the positive/negative consequences of being physically active every day? What are the positive/negative consequences of playing a lot of video games?