



USING CARD GAMES TO PROMOTE MOVEMENT

1 || Toss and Catch

Toss cards in the air, one at a time and have kids try to catch them as they float down. This is a great activity for hand-eye coordination, body awareness, balance, and motor planning.

2 || Card Movement Relay

Use cards as part of a relay where kids run from one end of the playing area to the other, choose a card, perform repetitions of a certain exercise or movement based on the numbered card they chose, and then run back to the start so their friend can take a turn.

3 || War

Play as usual and then, if you win the war, you are exempt from an exercise while the other players have to do an exercise for the number of reps of the card that was lost.

4 || Go Fish (On the Go!)

Try playing a game of Go Fish on scooters, with the fishing pond where players retrieve cards placed several feet away.

5 || Card Games in Different Positions

Try playing any card game in: prone, prone prop, all fours, standing, or kneeling. Or try moving the deck of cards or the discard pile to encourage transitions between positions or other movements (e.g. play the card game on the floor in sitting, but move the deck/discard pile onto a higher surface so the child has to move from sit to stand to take their turn).