



Key Stage Two Deck of Cards Workout

Deck of
Cards
Workout



Squats



Lunges



Press-ups



Burpees

The Rules:

- Each of the four suits in a deck of cards represents a different exercise, and the card value equals the number of repetitions.
- Each card drawn must be completed by the contestants before moving on to the next. 30-second rests are allowed in-between cards.
- Two or more people compete to see who can last the longest. The deck will be recycled until there is only one person left.

Special Cards



15 Reps



20 Reps



Hop on
one leg
until it's
your turn
again



Draw 4
cards and do
all activities