

# CARD SHARK BALANCE & ROLL CHALLENGE

## EQUIPMENT

\*4-5 foot Tape line on the floor

\*Deck of playing cards

\*Yoga Mat or blanket

## HOW TO PLAY

1. Place cards in a stack on the floor
2. Set a timer for 5-10 minutes to see how many challenges you can complete.
3. Take the top card.
4. Match the shape on your card to the shape on this sheet.
5. Choose a challenge that matches the shape on your card. Choose one of the three.
6. Perform the number of repetitions that is on your card.
7. Place the card in a separate stack when finished
8. Draw the next card in the stack.
9. Play until all cards are gone from the stack or the timer beeps.
10. How many cards did you complete?

**Bonus Play:**

Play with or challenge someone to see who can complete the most cards.

@LovePrimaryPE



Walk the line forward

Pencil Roll across the mat or blanket.  
(Keep your body tight)

Hop sideways down the line



Tiptoe down the line

Log roll across the mat or blanket  
(keep your body tight)

Crabwalk down the line



Walk the line sideways

Egg Roll across the mat or blanket.  
(Keep your body in a ball)

Hop on one foot down the line forward



Walk the line backward

Forward roll on the mat or blanket  
(Keep your chin tucked down)

Crawl down the line

