

FAMILY FITNESS UNO

The goal is to get rid of your cards before everyone else.

To get rid of a card, it must match the color, or the symbol, or be a wild card.

If you have 1 card remaining, you must say “UNO” as you play your second to last card leaving you one.

If someone says it before you, you must draw 4 more cards.



Game by: David Worrall, King Springs Elementary, Smyrna, GA

Slides by: Rich Bozeman, Fred Wild Elementary, Sebring, FL

Deal out 6 cards per person.



If you play a card with a number, then the next person must do that many repetitions of an exercise of their choice.



If you play a Skip, then the next person must skip in place 10 times and their turn to play a card is skipped.



If you play a Reverse, then the direction of the game is turned around and the person who was supposed to have their turn, must do 10 jump turns.



If you play a Draw 2, then the next person must do 2 exercises of their choice 5 times each and they must draw 2 cards without a chance to play a card.

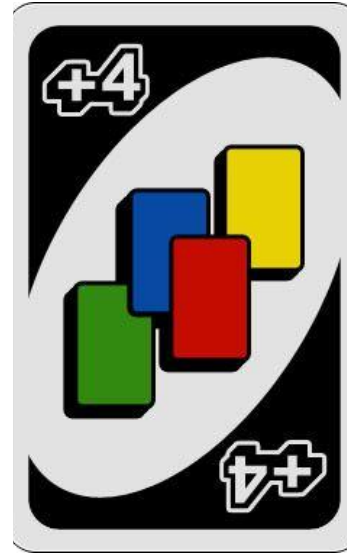


If you play a Wild card, then you change the color of the next card played to your choice and everyone must do 5 exercises of your choice.



If you play a Draw 4 Wild card, then the next person must do 4 exercises of their choice 5 times each.

Then they must draw 4 cards without a chance to play a card and you change the color of the next card played to your choice.



If you get rid of all your cards first, you win and everyone else must add up the point value of their cards and jog in place for that many seconds.

Number cards are worth that many seconds,

0 is worth 10,

Skip, Reverse and Draw 2 are worth 15 seconds,



Wild Card is worth 20 seconds

Draw 4 Wild is worth 25 seconds

The background of the slide is a collage of various playing cards, including the 2 of spades, 3 of hearts, 6 of diamonds, 10 of clubs, and 4 of spades, all set against a blue background.

Exercises MAY be adjusted based on ability levels of family members.

Remember, this should be fun and NOT harmful or cause injuries! Hope you enjoy it!