

UNO Fitness

Parents this is an activity that we completed in school. All you need is a deck of UNO cards. If you don't have UNO cards, then you can have your child create their own as a little art project on the side.

How to play: Shuffle the deck of cards. Have your child draw a card from the top. If you draw a card with a number on it, look at the color and the number. The color of the card will tell which exercise to complete and the number on the card will tell you how many repetitions to complete. If you draw a card with a symbol such as a skip card, reverse card, or a draw 2 card, then you will complete the exercise assigned to that symbol. You only go by the symbol on the card not the color of the card. The wild card will have you complete all 4 color exercises. The draw 4 card allows you to choose a color exercise and complete that exercise 10 times each. After completing the exercise, you can have your child draw another card and continue with the appropriate exercise based on the card drawn.

For kindergarten students, you can focus on the color exercises. If you do not have a jump rope, then you can mark a line on the ground or floor and have your child jump across the line back and forth to complete the number of repetitions on the card. Dips can be completed by sitting on a step, place your hands on the step beside your bottom. Have your fingers point the same direction as your feet, then lift your bottom up and out in front of the step. You will then lower yourself down to the floor. Just before you touch the floor lift yourself back up. You just completed and dip.

