

## PE activities

Using a pack of playing cards try this challenge with a family member. Fan the cards out so they form a circle, each card will link to an exercise (see below or you can make your own up these are just some ideas to get you started) take it in turns to draw a card everyone has to do the exercise.

The number represents how many of each exercise you do (J= 11, Q= 12, K=13)

Hearts – Jumping Jacks (E.g. 10 of hearts = 10 Jumping Jacks)

Clubs – Plank (E.g. K of clubs = 13 seconds plank)

Diamonds – Sit ups (E.g. 2 of Diamonds = 2 Sit ups)

Spades – Straight jumps with arms straight up (E.g. 5 of spades = 5 straight jumps)

You could link this exercise to science and about exercise and healthy eating which the children have looked at this year.