

MR. CLARK'S



UNO FITNESS



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HOW TO USE THIS PRODUCT

GIVE EACH TEAM A STACK OF 12-24 DIFFERENT CARDS, 1 BUCKET/CUP FOR THE CARDS, AND ONE OF THE SAME OR DIFFERENT 12 SHEETS FOUND IN THIS PRODUCT. HAVE STUDENTS TAKE TURNS DRAWING CARDS AND PERFORMING THE EXERCISES/CHALLENGES AS A GROUP ASSOCIATED WITH WHATEVER COLOR/NUMBER IS DRAWN!

USE THESE UNO SHEETS AS PART OF:

INDIVIDUAL FITNESS

PARTNER CHALLENGES

SQUAD ROTATION WARM-UP

STATIONS

RELAY RACES

EXERCISE ASSESSMENTS

PE/MATH INTEGRATION

10 ACTIVITIES

- 1. SET UP 12 DIFFERENT SHEETS AROUND THE GYM WITH CARDS AND HAVE STUDENTS ROTATE AS A GROUP TO A NEW STATION ON WHISTLE (EVERY 1-2 MINUTES)**
- 2. GIVE EACH GROUP SAME NUMBER OF CARDS AND 1 SHEET AND SEE WHICH TEAM CAN FINISH ALL THE CARDS THE FASTEST**
- 3. PLACE STUDENTS WITH PARTNERS AND HAVE THEM PLAY HEAD TO HEAD PERFORMING CHALLENGES**
- 4. INTEGRATE INTO 1/2 CLASS ACTIVITY WHILE THE OTHER HALF FITNESS TESTS OR PARTICIPATES IN OTHER ACTIVITY**
- 5. GIVE 1 BLANK SHEET (CREATE YOUR OWN) TO EACH GROUP AND LET THEM MAKE UP THEIR OWN FOR THEIR CLASSMATES TO PERFORM**
- 6. SET UP AROUND 12 DIFFERENT CHARTS AROUND THE GYM AND HAVE STUDENTS MOVE ON THEIR OWN AND FLIP, READ, PERFORM, AND MOVE ONTO THE NEXT CHART**
- 7. PLACE A CHART IN EACH SQUAD AND FIRST PERSON COMES UP FLIPS CARD, READS TO GROUP PERFORMS AND GOES TO END OF LINE**
- 8. RELAY RACE TO SEE WHICH GROUP CAN FINISH THEIR PILE THE FASTEST AS A TEAM**
- 9. ADD DIE OR DICE NEXT TO EACH AND HAVE THEM SUBTRACT, ADD, MULTIPLE OR DIVIDE CARD DRAWN BY NUMBER ON THE DIE/DICE**
- 10. ASSIGN EACH TEAM A COLOR AND HAVE THEM WORK TOGETHER TO RETRIEVE THEIR CARDS THAT ARE PLACED UNDER VARIOUS BUCKETS ON THE OPPOSITE SIDE OF THE GYM. ONCE THEY HAVE ALL OF THEIR CARDS, THEY MUST READ THE CHART AND PERFORM EVERY SINGLE CARD TO WIN THE CHALLENGE**

UNO CHARTS

- 1. OVERALL FITNESS 1**
- 2. OVERALL FITNESS 2**
- 3. OVERALL FITNESS 3**
- 4. CARDIO FITNESS**
- 5. UPPER BODY**
- 6. LOWER BODY**
- 7. PARTNER FITNESS**
- 8. YOGA FITNESS**
- 9. FUN CHALLENGES 1**
- 10. FUN CHALLENGES 2**
- 11. FUN CHALLENGES 3**
- 12. CREATE YOUR OWN**

UNO CHARTS

OVERALL FITNESS 1



RED=JUMPING JACKS

BLUE= BURPEES

GREEN= STAR JUMPS

YELLOW= SQUATS



= **DRAW 2 CARDS AND PERFORM EACH**



= **SKIP 1X AROUND GYM**



= **PERFORM ANY**



= **GET A DRINK**



= **DRAW 4 CARDS AND PERFORM EACH**

UNO CHARTS

OVERALL FITNESS 2



RED=MOUNTAIN CLIMBERS

BLUE= SQUAT JUMPS

GREEN= SHOW HANDS
PUSH-UPS

YELLOW= PIKE JUMPS

 = **DRAW 2 CARDS AND PERFORM EACH**

 = **SKIP 1X AROUND GYM**

 = **PERFORM ANY**

 = **GET A DRINK**

 = **DRAW 4 CARDS AND PERFORM EACH**

UNO CHARTS

OVERALL FITNESS 3



RED=FORWARD LUNGE

BLUE= WINDMILLS

GREEN= SOLDIER SALUTE

YELLOW= KNEE TO ELBOW

CRUNCH



= **DRAW 2 CARDS AND PERFORM EACH**



= **SKIP 1X AROUND GYM**



= **PERFORM ANY**



= **GET A DRINK**



= **DRAW 4 CARDS AND PERFORM EACH**

UNO CHARTS

CARDIO FITNESS



RED=RUN IN PLACE

**BLUE= GROUP GALLOP IN
CIRCLE**

GREEN= JUMPING JACKS

YELLOW= IMAGINARY

JUMP ROPE

 = **DRAW 2 CARDS AND PERFORM EACH**

 = **SKIP 1X AROUND GYM**

 = **PERFORM ANY**

 = **GET A DRINK**

 = **DRAW 4 CARDS AND PERFORM EACH**

UNO CHARTS

UPPER BODY FITNESS



RED= SUPER SLOW PUSH-UP

BLUE= SOLDIER SALUTE

GREEN= WALL PUSH-UP

YELLOW= PUSH-UP SHOW HANDS

 = **DRAW 2 CARDS AND PERFORM EACH**

 = **SKIP 1X AROUND GYM**

 = **PERFORM ANY**

 = **GET A DRINK**

 = **DRAW 4 CARDS AND PERFORM EACH**

UNO CHARTS

LOWER BODY FITNESS



RED=LUNGE

BLUE= SCISSOR JUMP

GREEN= SUMO SQUAT

YELLOW= WALL SQUAT



= **DRAW 2 CARDS AND PERFORM EACH**



= **SKIP 1X AROUND GYM**



= **PERFORM ANY**



= **GET A DRINK**



= **DRAW 4 CARDS AND PERFORM EACH**

UNO CHARTS

PARTNER FITNESS



RED=JUMP OVER PARTNER

1 PERSON IN PLANK POSITION, OTHER PARTNER JUMP OVER

BLUE= PUSH-UP HIGH 5 FACE-OFF

PARTNERS FACE EACH OTHER IN PUSH-UP POSITION AND ALTERNATE HIGH FIVES WITH HANDS

GREEN= BACK TO BACK STAND

PARTNERS LOCK ARMS AND SIT BACK TO BACK AND TRY TO STAND UP WITHOUT USING HANDS

YELLOW= CRAB CRAWL UNDER PARTNERS FACE

EACH OTHER IN CRAB POSITION AND ALTERNATE HIGH FIVES USING FEET



= **DRAW 2 CARDS AND PERFORM EACH**



= **SKIP 1X AROUND GYM**



= **PERFORM ANY**



= **GET A DRINK**



= **DRAW 4 CARDS AND PERFORM EACH**

UNO CHARTS

YOGA FITNESS



RED = CAT/COW POSE



= DRAW 2 CARDS AND PERFORM EACH

BLUE = DOWNWARD DOG



= SKIP 1X AROUND GYM

GREEN = WARRIOR POSITION



= PERFORM ANY

YELLOW = STANDING TREE POSE



= GET A DRINK



= DRAW 4 CARDS AND PERFORM EACH

UNO CHARTS

FUN CHALLENGES 1



RED=SHUFFLE IN CIRCLE TOGETHER

BLUE= SKIP IN CIRCLE TOGETHER

GREEN= BEAR CRAWL IN CIRCLE TOGETHER

YELLOW= JUMP IN CIRCLE TOGETHER



= DRAW 2 CARDS AND PERFORM EACH



= SKIP 1X AROUND GYM



= PERFORM ANY



= GET A DRINK



= DRAW 4 CARDS AND PERFORM EACH

UNO CHARTS

FUN CHALLENGES 2



RED=NAME FRUITS AS A GROUP

BLUE= PERFORM EXERCISE OF CHOICE

GREEN= NAME VEGETABLES AS A GROUP

YELLOW= AS GROUP STAYING CONNECTED TOUCH LINES



UNO CHARTS

FUN CHALLENGES 3



RED = PERFORM UPPER BODY EXERCISE

BLUE = PERFORM LOWER BODY EXERCISE

GREEN = PERFORM 1 UPPER AND 1 LOWER BODY EXERCISE

YELLOW = EACH DO A DIFFERENT EXERCISE

 = DRAW 2 CARDS AND PERFORM EACH

 = SKIP 1X AROUND GYM

 = PERFORM ANY

 = GET A DRINK

 = DRAW 4 CARDS AND PERFORM EACH

UNO CHARTS

CREATE YOUR OWN



RED=



BLUE=



GREEN=



YELLOW=

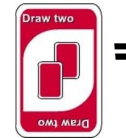


UNO CHARTS

CREATE YOUR OWN



RED=



=

BLUE=



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GREEN=



=

YELLOW=



=



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UNO CHARTS

CREATE YOUR OWN

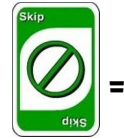
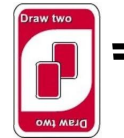


RED=

BLUE=

GREEN=

YELLOW=



UNO CHARTS

CREATE YOUR OWN



RED=



=

BLUE=



=

GREEN=



=

YELLOW=



=



=