

# Fitness Buddy War

*Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Fitness buddies attempt to win all of their partner's cards.

## Why Do It?

Partners go head to head in a card game while working simultaneously to perform an on-the-spot physical activity between rounds.

## How Do We Do It?

Fitness buddies receive a deck of cards, with both receiving half the deck.

Fitness buddies choose an on-the-spot physical activity to perform throughout the card game.

Fitness buddies start facing each other and turn over the top card and place it face-up on the ground or bench.

The person with the highest card wins and adds both cards to the bottom of their deck.

Both buddies perform the on-the-spot physical activity at the same time for the number of repetitions of the highest card.

After the activity is performed, each person turns over their next card and the game continues.

## What Else Do We Need?

10–15 decks of cards

## How Do We Get Creative?

Increase or decrease the intensity of the activities.

Where possible, provide a picture of each activity.

Encourage students to move at a quick pace.