

Card Memory Lane - Levels C and D

STAY
ACTIVE

To combine physical activity and cognitive challenge by encouraging students to recall the location of playing cards while running, moving, and working with their teammates. This game builds fitness, memory, and teamwork skills in a fun, active way.



Learning Intentions

Students aim to explore why teamwork and memory are important for themselves and others.

Enhancing Memory and Focus:

Students work to practise remembering where cards are and retrieving them in the correct order.

Promoting Physical Activity:

Students aim to engage in running, static holds, and movement to build strength and endurance.

Building Communication and Strategy:

Students aim to share information with their partner or team to help them work together successfully.



Success Criteria

I can remember and retrieve cards in the correct order.

I can complete physical challenges such as running and static holds with effort.

I can communicate clearly with my team and work together to collect all the cards.



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Duration: 15–20 minutes

Objective

To combine physical activity and cognitive challenge by encouraging students to recall the location of playing cards while running, moving, and working with their teammates. This game builds fitness, memory, and teamwork skills in a fun, active way.

Players

- Pairs or small teams
- One deck of cards per eight players

Materials

- A standard deck of playing cards
- A 20-metre area, with tables at one end (for placing the playing cards face down on).
- Cones or markers to mark the play space

Setup

1. Choose one suit (Hearts, Diamonds, Clubs, or Spades).
2. Place the 13 cards (Ace through King) face down at one end of the play area.
3. Teams begin at the opposite end.
4. Assign static holds (optional) for the waiting player/s. Examples: plank, wall sit, or balance on one leg.

Gameplay / Activity Steps

Step 1: Card Retrieval

- One player from each team runs to the card table, flips over one card, and looks for the Ace.

Step 2: Memory Element

- If the Ace is not found, the player memorises the card's position, flips it back over, and runs back to tag their next team member.

Step 3: Static Holds (Optional)

- The waiting partner holds a static position (e.g., plank, wall sit, balance) until their turn.

Step 4: Collecting in Order

- Teams must collect the cards in ascending order from Ace to King.
- They can only keep the card and bring it back to their team if it is the correct next card in the sequence.

Step 5: Teamwork and Strategy

- Students communicate the positions of cards to help their teammates.
- They continue until all 13 cards are collected in order.



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Reflection Prompts

- How did your team work together to remember the card positions?
- What strategies helped you stay focused and remember?
- How did it feel to combine movement and memory at the same time?

Winning the Game

- The first team to successfully collect all the cards in order from Ace to King wins.
- If time runs out, the team with the most cards collected in sequence is the winner.

Variations

- **Fitness Edition:** Increase running distance or add more challenging static holds (e.g., burpees between turns).
- **Children's Edition:** Use fewer cards (e.g., Ace to 5) and easier static holds (e.g., standing balance).
- **Team Building Edition:** Focus on group strategy by allowing more discussion and planning between runs.

For Wheelchair Users / Accessibility

- Replace running with wheeling, rolling, or a movement challenge at the student's pace.
- Modify static holds to include upper-body balances (e.g., holding arms out, squeezing a ball).
- Ensure cards are placed at an accessible height for all players.

Notes for Inclusion

- Accept different ways of remembering (e.g., verbal, visual, or drawing a map on paper).
- Encourage positive cheering and support across teams, not just within teams.
- Celebrate effort, teamwork, and persistence, not just speed.

