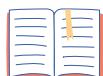


Card Memory Lane - Levels F-3

STAY ACTIVE

To build memory, movement, and teamwork by encouraging students to find and remember where cards are placed, while completing fun movement challenges. This game helps students practise turn-taking, focus, and communication in an energetic and supportive 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 find the right card.

I can move with energy and complete the movement challenge.

I can play with others by listening, sharing, and helping my team.



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STAY ACTIVE

Duration: 10–15 minutes

Objective

To build memory, movement, and teamwork by encouraging students to find and remember where cards are placed, while completing fun movement challenges. This game helps students practise turn-taking, focus, and communication in an energetic and supportive way.

Players

- Pairs or small groups

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: Take a Turn

- One player runs to the cards and flips one over, looking for the Ace.

Step 2: Memory Part

- If it isn't the right card, the player remembers its position, flips it back, and runs back to their team and high fives the next player.

Step 3: Swap Turns

- The next teammate runs and flips another card. The team keeps trying to find cards in order: Ace, 2, 3, 4, 5 etc.

Step 4: Teamwork

- Players share what they've seen and help their teammates remember where cards are through effective communication.

Step 5: Keep Going

- The team works together until they've collected all the cards in the correct order.



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STAY ACTIVE

Reflection Prompts

- How did your team help each other?
- What was tricky about remembering the cards?
- How did it feel to work and play together?

Winning the Game

- The team that collects all their cards in order first is the winner.
- You can also finish after a set time and see how many cards each team has.

Variations

- **Fitness Edition:** Add a movement (e.g., star jumps, hopping) before flipping a card.
- **Children's Edition:** Use fewer cards (e.g., Ace-3) to keep it simple.
- **Teamwork Edition:** Teams can plan together before each run.



For Wheelchair Users / Accessibility

- Replace running with wheeling, rolling, or moving at their own safe pace.
- Use cards placed on a table at accessible height.
- Include movement challenges that use upper-body strength (e.g., arm circles).

Notes for Inclusion

- Allow different ways to remember (e.g., drawing a simple map, saying card names aloud).
- Encourage cheering and celebrating effort.
- Focus on fun, teamwork, and persistence instead of speed.

