

Colour Match Fitness - Levels C and D

STAY ACTIVE

To build number recognition, coordination, and teamwork through a fun, card-based movement game that combines fitness and play.



Learning Intentions

Follow Instructions

Students aim to complete movements based on card colours and numbers.

Use numbers in action:

Students aim to practise number recognition and counting through exercise.

Work with others:

Students aim to join in and celebrate effort and engagement with their peers.



Success Criteria

I can match the card colour to the correct movement.

I can repeat the movement the number of times shown on the card.

I can participate with my group and celebrate effort.



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Duration: 10–15 minutes

Objective

To build number recognition, coordination, and teamwork through a fun, card-based movement game that combines fitness and play.

Players

Pairs, small groups, or whole class.

Materials

- Deck of playing cards
- Open space for safe movement

Setup

- Spread the cards face down in the centre of the play area.
- Make sure students have enough space around them to complete movements safely.

Gameplay / Activity Steps

Step 1: Flip a Card

- One student flips over a card from the deck.

Step 2: Match the Colour

- **Red cards** = 1 star jump
- **Black cards** = 1 high knees

Step 3: Match the Number

- The number on the card tells students how many sets of 5 to complete.
 - Example: 7 of hearts = seven sets of 1 star jump (7).

Step 4: Face Cards = Choice

- If a student flips a Jack, Queen, or King, they choose their favourite movement for the group.

Step 5: Work Together

- Students complete the movements together, encouraging teamwork and celebrating effort.

Reflection Prompts

- “Which card made you do the most movement?”
- “How did you feel after finishing the sets?”
- “Why is it fun to do the movements as a group?”



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Winning the Game

There are no winners. The success is when students complete the movements, practise numbers, and enjoy exercising together.

Variations

- **Fitness Edition:** Add new moves (e.g., squats, push-ups, frog jumps) for each suit.
- **Team Edition:** Play in groups, with teams collecting points for completed sets.
- **Calm Edition:** Replace movements with stretches or yoga poses for a gentle version.

For Wheelchair Users / Accessibility

- Replace star jumps and high knees with safe upper-body movements (e.g., arm raises, claps, shoulder rolls).
- Allow number cards to indicate repetitions of adapted movements.
- Encourage group cheering and participation regardless of movement type.

Notes for Inclusion

- Accept all levels of participation and celebrate effort, not speed or perfection.
- Provide visual cards showing each movement for students who need support.
- Allow students to work in pairs or small groups for encouragement.

