

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.

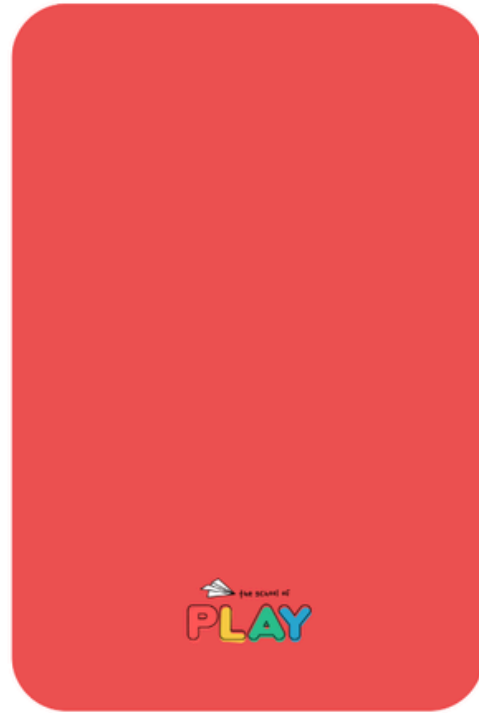
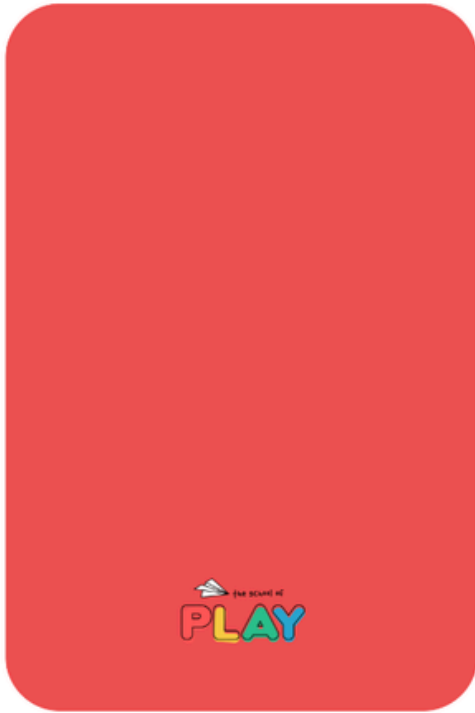
Notes for Inclusion

- 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.

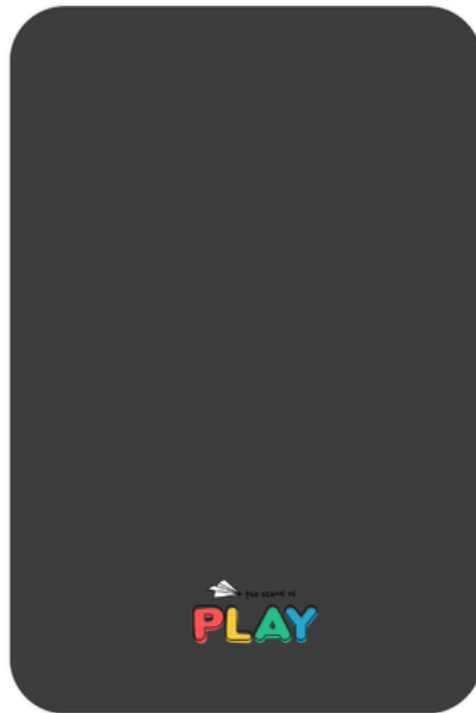
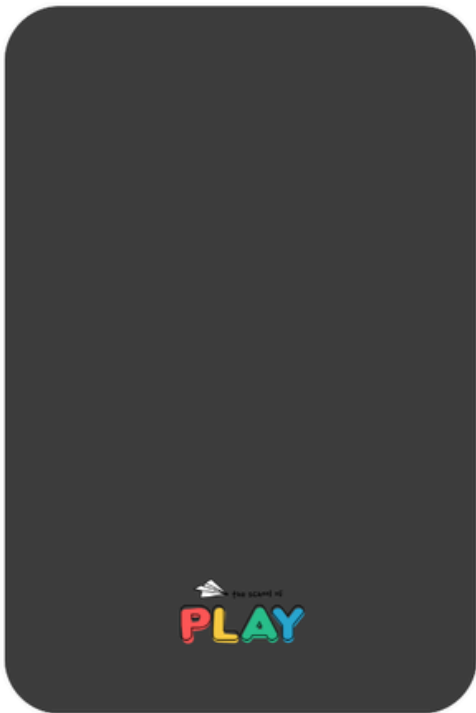
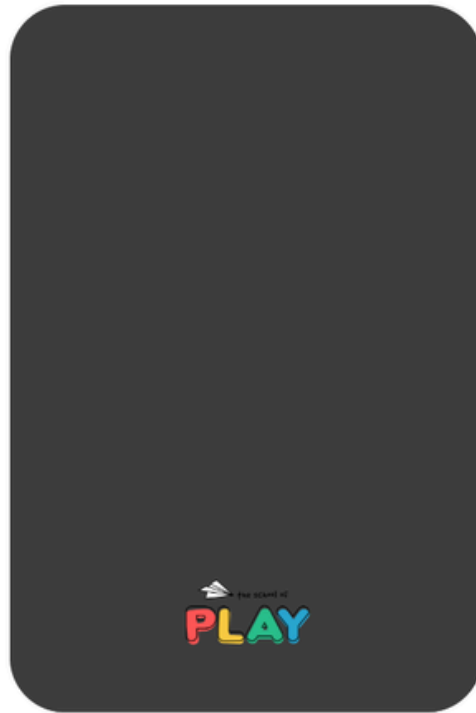
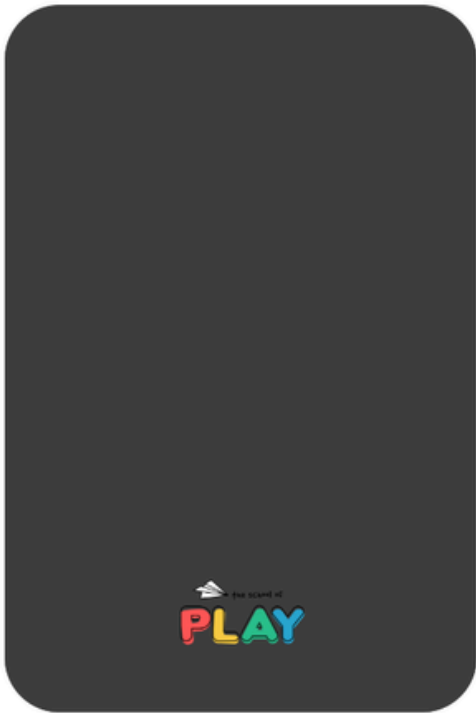


BLANK COLOUR CARDS

PRINT AND CUT OUT THE CARD SETS. SHUFFLE THE BLANK COLOUR CARDS AND FLIP ONE—STUDENTS COPY THE MOVEMENT LINKED TO THAT COLOUR. ADD THE NUMBERED SET THEN, STUDENTS MATCH THE COLOUR AND COMPLETE THE MOVEMENT THE NUMBER OF TIMES SHOWN.



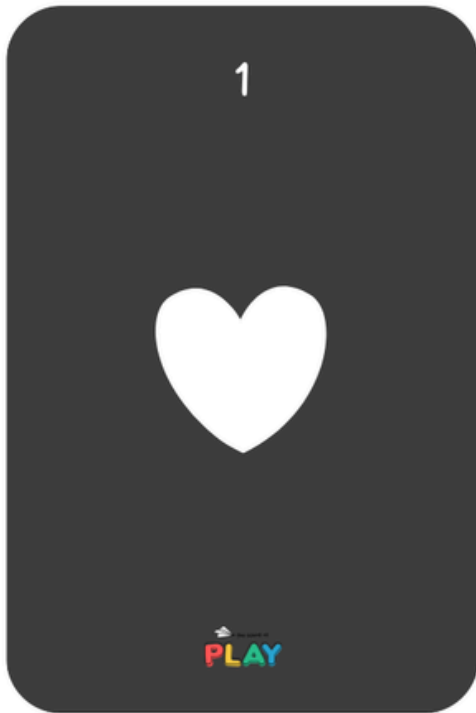
BLANK COLOUR CARDS



NUMBERED COLOUR CARDS



NUMBERED COLOUR CARDS



NUMBERED COLOUR CARDS



BLANK COLOUR CARDS

