

# Colour Match Fitness- Levels F-3

STAY  
ACTIVE

To support number recognition, coordination, and teamwork by linking card colours and numbers with fun movements.



## Learning Intentions

### Follow Directions:

I can complete the movement that matches the card colour.

### Use numbers in play:

I can count and repeat movements based on the number on the card.

### Celebrate effort:

I can encourage myself and others to try my best.



## Success Criteria

I can name the colour and number on the card.

I can do the correct movement for the right number of times.

I can join in with my friends and celebrate everyone's effort.



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## STAY ACTIVE

**Duration:** 10–15 minutes

### Objective

To support number recognition, coordination, and teamwork by linking card colours and numbers with fun movements.

### Players

Pairs, small groups, or whole class.

### Materials

- Deck of large playing cards (or teacher-prepared cards)
- Open safe space for movement

### Setup

- Spread the cards face down in the centre of the play area.
- Make sure there is enough room for all students to move safely.
- Teacher models how to flip a card and match the action.

### Gameplay / Activity Steps

#### Step 1: Flip a Card

- A student flips over a card from the deck.

#### Step 2: Match the Colour

- **Red cards** = 2 star jumps
- **Black cards** = 2 knee lifts

#### Step 3: Match the Number

- The number on the card tells students how many times to repeat the action.
  - Example: 3 of hearts = 3 sets of 2 star jumps (6).

#### Step 4: Face Cards = Fun Choice

- If a Jack, Queen, or King is flipped, the student chooses their favourite safe movement (e.g., clap, spin, stretch).

#### Step 5: Move Together

- Everyone in the group completes the movement together, counting aloud.

### Reflection Prompts

- “Which colour card made you move more?”
- “How did you feel after moving with your group?”
- “Why is it fun to play this game with others?”



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### Winning the Game

There are no winners. The success is when students try their best, use numbers in play, and enjoy moving together.

### Variations

- **Maths Link:** Instead of sets of 2, ask students to add the red and black numbers together for the total number of movements.
- **Calm Edition:** Replace movements with stretches (e.g., reach arms up, gentle side bends).
- **Partner Play:** Students flip cards in pairs and complete the movements together.

### For Wheelchair Users / Accessibility

- Replace star jumps and knee lifts with claps, arm circles, or shoulder taps.
- Allow cards to indicate repetitions of these adapted actions.
- Count aloud together so everyone participates at the same pace.

### Notes for Inclusion

- Provide oversized cards or picture cards for easier recognition.
- Pair students together for support if they need help reading numbers.
- Focus on celebrating effort and participation rather than speed.