

Dealer's Choice

Objective: To work together in a cooperative way with a partner and to increase their cardio respiratory endurance.

Equipment: Track or other designated area, two or three decks of cards, score sheets, pencils.

How to Play: The students walk around the track, each time a student passes the teacher they are handed a card. After the students have completed a specific number of laps or a designated time period, have them add up the numbers on their cards

Value of Cards: Aces and face cards equal 10 points; all other cards equal the number that appears on the cards.

Have the students add up the value of their cards and the laps around (actual number of cards that they have).

Variations:

Give extra points for pairs and four of a kind.

Students with the lowest points scored wins.

Team with the most cards wins.

Add sum of all cards and subtract number of cards, lowest or highest score wins.

(Adapted from Walking Games and Activities, Decker and Mize)

This Activity is from the Medical College of Georgia FitKid Project Intervention Manual.

Yin, Z., Hanes, J., Jr., Moore, J.B., Humbles, P., Barbeau, P. & Gutin, B. (2005). An After-School Physical Activity Program for Obesity Prevention in Children: The Medical College of Georgia FitKid Project. *Eval Health Prof.* 28(1), 67-89.