



## WILD CARD EXERCISING

# DELAWARE 4-H

# Healthy Living

### GOALS

To review and engage in different types of exercise: strength, flexibility, and cardio/aerobic activity. Building confidence in various exercise types.

### SUPPLIES

- This sheet of paper
- 1 deck of cards
- Yoga poses sheet

### TIME REQUIRED

15-30 minutes

### SUGGESTED AUDIENCE

Ages 8 and up

### PROCEDURE

1. Gather youth in large group facing the instructor.
2. The instructor will hold a deck of cards where each card has a different exercise (see key below). Have students take turns selecting a card from the deck that the group will complete. The suit will indicate the exercise and the number on the card will indicate how many of that exercise to complete.
3. Exercises can be modified to age appropriate activities. Numbers can be changed to seconds held depending on activity.

### CARD KEY

Card Type	Exercise
Club	Crunches/Sit-ups (number indicated)
Spade	Push-Ups (number indicated)
Diamond	Squats (number indicated)
Heart	Walking lunges (number indicated)
Jack	Jumping Jacks (number indicated)
Queen	Star Jumps (number indicated)
King	Wild - Instructor leads yoga stretch of choice
Ace	Wild - Youth leads yoga stretch of choice
Joker	Meditation/Breathing exercise

### Notes:

- If youth choice, youth who drew the card will select a yoga pose from the attached sheet.
- If instructor choice, the instructor will select a yoga pose from the attached sheet.

### REFLECT: Ask Youth

1. Which activities worked which muscle groups?
2. Which activities were stretching, cardio, or strength?

### APPLY: Ask Youth

1. Would you be likely to do any of these exercises at home?
2. Do you have a deck of cards at home to try and draw a card each morning and complete an exercise?
3. Would you be able to teach this game to others?

*Thank you for participating in this fun activity!*



## Cooperative Extension

COLLEGE OF AGRICULTURE &  
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H "Youth Voice, Youth Choice" building healthy communities through engaged youth!

## LOBSTER

Squat with toes and knees pointing towards the wall. Place arms and hands in position as shown. Pretend fingers are pinchers and make funny faces at your friends. Swing arms down and cross, while squatting up and down at the same time to warm up your muscles. Hold the position for 8 seconds when you feel slightly out of breath.



## MOUNTAIN

Stand straight with feet planted firmly on the floor. Feet should be slightly apart (about 2 fists in between). This is the position to return to when you wish to restart the group. Arms should be comfortable at sides, face relaxed, should back and down.



## WINDMILL

Start from standing position with arms extended at sides, cross over body and go as close to a toe touch as comfortable. Come back up and cross to other side. Repeat 8 times.



## WATERFALL

From Mountain position, lean slightly back with arms and fingers pointing behind you as shown. Hold for about 4-8 seconds as you feel comfortable. Return to Mountain position.

## BIRD

From Mountain position, stand on tiptoes (knees slightly bent). Turn arms behind you and commence flight! Hold for 8 seconds or as students are able.



## RAG DOLL

With knees slightly bent, bend slowly towards the ground. Participants do not need to touch the ground, anywhere on the leg is fine. Just hang and relax for 8-16 seconds.



## CHAIR

Start from standing position with arms extended at sides, cross over body and go as close to a toe touch as comfortable. Come back up and cross. Do other side. Repeat 8 times.



## TREE

From Mountain position, lean slightly back with arms and fingers pointing behind you as shown. Hold about 4-8 seconds as you feel comfortable. Return to Mountain position.





## FROG

From Mountain position, squat down with feet and hands flat on the floor. Youth may enjoy jumping, saying “ribbit” and having fun acting like frogs. Hold the position for 16 seconds if youth choose not to jump.



## DOG

From Mountain position, extend both feet behind you and make a V with your body. Heels do not touch the floor.



## GORILLA

From Frog position, stand up a little taller in a gorilla-like position, swinging arms back and forth. Youth will enjoy the chance to swing their arms and act like an animal. Swing arms back and forth at least 4 times, more if the youth are having fun.



## WARRIOR 1

From Dog position, bring your right foot up to between your hands, and slowly rise your body up until you are in a lunge position. The back foot should be turned away from the opposite foot, hips forward, and arms up. Hold for 8 seconds, return to Dog position, and bring up the left foot between hands, raise into a lunge, and turn right back foot away from the other as in the picture. Hold again for 8 seconds.

