



Uno Fitness game



Equipment

- 1 deck of UNO Cards (to increase activity note that 1=10 and 2=20 other cards from 3 upwards are face value)
- 2-4 players
- Marked area for cards next to marked areas for played cards
- 1 home area for each team
- 1 UNO Fitness Chart visible by each player (on next page)

Set- Up:

1. Shuffle the UNO cards and scatter them on the floor inside the hula hoop.
2. Place one cone or spot marker per player 5-10 metres away from the hoop.
3. Each player stands must be able to see UNO Fitness Chart.

How to Play

1. This game is fitness Uno. We will be developing our personal fitness with family. This game is played in 2 phases but it is a race.
2. During Phase 1, each player will run shuttle run style to the hoop to grab 1 UNO card per visit. Do **not** look at the card when you pick it up. Place the cards face-down in a pile in your home area
3. When you have collected 10 cards, it's time for phase 2. During this phase, you will work to return all of your cards to the discard pile.
4. To discard a card, flip over 1 UNO Card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete. However 1 = 10, 2 =20 eg. Red 1 would be 10 Burpees but Red 3 = 3 Burpees.
5. Once you have finished the exercise determined by the card run to put your card in the discard pile.
6. Return to home and turn over the next card and complete the exercise then discard.
7. **It is a race** to get all your cards discarded but beware of **Wild cards**. Some are good and some are bad.
8. **Get ready, Get Set, Play and Enjoy!**

CARD EXPLANATIONS

Wild card 4 +- Great for you but very bad for your competitors (x4 cards and 4 shuttle runs.)

Draw 2- Bad for you as you have to pick up 2 extra

Skip card- Skip to discard- no penalty

Wild- Good for you but others have to collect 1 card

Reverse- Run backwards- pick up 1

UNO FITNESS CHART

CARD	ACTION
RED	Burpees
BLUE	Star Jumps
YELLOW	180 Degree Jumps
GREEN	Squats



Wild Card 4+



Wild



Draw Two



Skip



Reverse

Wild card 4+	Show this card before discarding as other players must collect 4 more cards.
Wild	Show this card before discarding as other players must collect 1 more card.
Draw two +2	Put this card back in discarded pile but player must draw 2 extra for themselves
Skip Card	Skip to pile to discard this card- no exercise
Reverse	Run backwards to discard this card but pick up 1 extra card from pile