

1st

It's a Cracker

Fill up the Stocking!

What you need: a pack of cards

How to play:

- Assign each suit to an exercise e.g. spades is star jumps, clubs is squats, hearts is touch the floor and jump, and diamonds is touch head, shoulders, knees and toes.
- Ask one pupil to choose a card from the pack.
- Pupils complete that number of the exercise for the suit e.g. 7 of diamonds would be 7 tuck jumps. Any face cards are 11.

When you have completed a suit from Ace to King you have filled up a stocking!

#ActiveAdvent

