



Here is a fun way to take a break, get moving and see if you can improve each time.

You will need to print and cut out the SUPER DECK CARDS.

Fit Frenzy Solo

Grade: K+

Players: 1

Time: 1 minute+

>The player gets a timer ready for 1 minute.

> The player then starts the clock.

> Player draws a card from the stack of SUPER DECK CARDS in the center of the play area. They then perform the proper number of exercises on the card.

> Once the player has completed the exercise, they draw another card and perform that exercise.

> Player continually draws and completes exercises until the timer goes off.

>When the timer goes off the game is over. The player counts the number of cards they earned, takes a quick break, then it's time to play again to see if they can beat their score.