

Poker Races

Rules

- Pairs alternate sprinting for 1 card, the student waiting can go once their partner crosses the starting line.
- 1st card they touch they must carry back.
- There is no trading amongst other groups.
- You can have a maximum of 7 cards in your possession.
- Once you have 7, you can discard 1 card and retrieve another. All discards must be returned face down.
- When the game is called, no more cards can be picked up.
- Make your best hand at the end of 2 minutes.
- All cards must be returned at the end of each round.

Tips for the Teacher

- Use music to start and stop the race.
- Adjust the game's time to match the distance the students have to run (ie. 2 minutes for long distances, 1:30 for medium, etc).
- Do not use Jokers.
- If they have more than 7 cards, they automatically lose.
- You can have groups of students compare their hands against other groups of students or the whole class.
- Make numerous piles of cards for the students to choose from (alleviates congestion/traffic).
- Have judges at both the starting point and the piles of cards.

Variations

- Highest Ranking Wins: The pair that has the highest ranking 5 card poker hand wins.
- Make a Random Card Wild: The teacher calls out “2’s are wild” this game, so that any 2 card drawn can become any card they want. Highest ranking 5 card poker hand wins.
- Lowest Ranking Wins: The group that has lowest ranking 5 cards wins. Usually all singles without having a straight. The lowest hand you could have is A, 2, 3, 4, 6 of any suit. In case of a tie, you look at each groups next lowest card and so on.
- Switch and Ditch: At the end of time each team slides two of their cards face down to the group on their left and one face down to the group on their right. Once all cards are switched and ditched all groups pick up their three new cards at once to see who has the highest ranking 5 card poker hand.
- 3 Strikes Your Out: If a group has a 3 in their hand at the end of the regulation then they are disqualified from winning that round. * Remember no switching cards until you have seven in your hand! Highest ranking 5 card poker hand wins.
- 3 of a Kind: Best 3 of a kind wins...all other poker hands are void.
- Teacher Card: At the end of the round a teacher flips over a card and all groups can use that card as well as their seven cards to form their best hand.
- Use a different motor skill
- Make it a tournament:
 - 1st place 4 points, 2nd place 3 points, etc.
 - Play multiple rounds

Word Scramble

Rules

- One partner must run to the whiteboard and grab a pen/crayon and return to starting position.
- Once they return, they write down 2 words using the letters from the whiteboard (each letter can only be used once and words cannot be people's names, acronyms, or slang) and their partner runs to the whiteboard to get a different colored marker/crayon.
- Repeat until time runs out.

Tips for the Teacher

- Use music to start and stop race.
- Make multiple piles to pick up markers/crayons from.
- Emphasize safety when returning markers/crayons to prevent people from falling.
- Choosing different color markers/crayons prevents students from writing down more than 2 words.
- Have a judge at the starting line and one at the whiteboard (for safety).
- Try and use 2 vowels and 5 consonants.
- If they are struggling, replace letters with new ones.

3 letter word = 1 point

4 letter word = 2 points

5 letter word = 3 points

6 letter word = 4 points

7 letter word = 5 points

#	Word	Points	#	Word	Points
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		

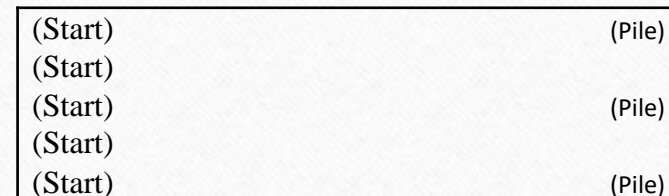
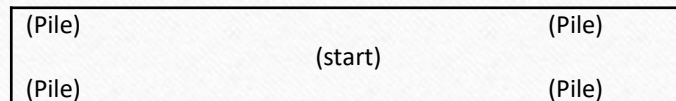
Riddle Run

Rules

- Riddles are written on numbered 3x5 cards.
- Teams are in groups of 3.
- One teammate must run to a specified location and take 1 card. Since they are in groups of 3, the distance should be increased.
- Once they return, another teammate goes to get a different card. The two teammates not running must try to solve the riddle before the other teammate returns with another card. Answer sheets are provided.
- When the teammate returns with the next card, the last teammate must return the previous card. At no time can there be 3 teammates trying to solve a riddle.
- The team with the most right answers wins.

Tips for the Teacher

- Use music to start and stop race.
- Make multiple piles to pick up cards from. You can even have 4 separate directions with certain directions having more difficult riddles worth higher point values.
- Emphasize safety when returning cards to prevent people from falling.
- Setup Options:



Variations

- Instead of using riddles, you can use:
 - Current events
 - Questions on a unit (ie. Cues, history of the game, etc)
 - Cross-Disciplinary
 - Each station is a different subject so that students can pick their strengths
 - Ask your school's teachers for questions on topics that students are currently covering in their class.
- Have different point values at each station. Higher difficulty questions equal more points.
- Add a fitness exercise at each station.

Domino Math

Rules

- Students are in teams of two.
- One partner runs to grab a tile piece from the pile and returns to the start.
- Once they are back, their partner can go and retrieve a piece.
- Repeat until time stops.
- At the end of the round, students make the longest chain using their tile pieces (ends of dominos have to match).
- Scoring: add up the dots on your longest chain (math).

Build a Body

Rules

- Students are in teams of two.
- One partner runs to grab a body part card from the pile and returns to the start.
- Once they are back, their partner can go and retrieve a piece.
- Repeat until the game ends.
- First team to correctly build a body wins.

- Can also be done with MyPlate and other concepts.