



Brain**STAR**
Strengthening Through Action Repetition

Classroom Activities



Luck of the Draw

Suggested Levels: 6-12

Time: Less than 5 minutes

Foundation: Cardio, Cross Lateralization

Equipment: Deck of cards, Activity Key (attached on 2nd page)

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Have students break into groups of 3-5 people. Place a deck of cards in the front of the room. Have one student (from each group) come up and draw a card. They must take the card back to their group and perform the corresponding activity (see the exercise key) for 30 seconds. After they have completed the exercise, another student from each group comes up, returns the card in a discard pile, and selects a new card. The activity ends once every group member has had an opportunity to draw a card. Example- if a 2 is drawn, the students must complete 30 seconds of squats.

Alternative option: Luck of the Draw Relay Race- Turn this fun exercise into a relay race! Instead of each group performing the exercise for 30 seconds, have the students perform reps based on card color.

Red cards = 5x

Black cards = 10x

Example- if a red 2 is drawn, the students must complete 5 squats

Whichever team finishes first wins!

Source: Modified from CATCH Grades 6-8 Activity Box: Card # 229.

Luck of the Draw Activity Key

ACE Jumping Jacks

2- Squats

3-Push-ups

4-Chair Dips

5-Hop on Right Foot

6-Hop on Left Foot

7-Spin (complete rotation) to the Right

8-Spin (complete rotation) to the Left

9-Jump Rope

10-Calf Raises (up and down on toes)

JACK- March in place

QUEEN- Crunches

KING- Burpees