

**DEAL A HEALTHY HEART**

# Sports

Each person in your group deals themselves one card. Flip the card over and perform the listed exercises. When completed, place the card in the completed pile and flip over a new card. When you have gone through the entire deck of cards, you are done.

**Ace**—Do one free throw.

**King**—Do 10 tennis juggles on the sweet spot of the racket.

**Queen**—Go through the ladder once, alternating skips (center of the room).

**Jack**—Do 5 standing broad jumps. Jump as far as you can!

**Hearts**—Do the face number of volleyball bumps to yourself.

**Spades**—Balance a soccer ball or basketball on one of your thighs for the face number of seconds.

**Diamonds**—Do the face number of volleyball sets to yourself.

**Clubs**—Do the face number of soccer juggles.

**Joker**—Whoever draws this card yells out “Joker!” and everyone in your group immediately stops and dribbles a basketball around the perimeter of the gym.