



UNO Fitness Game

Equipment:

- 1 deck of UNO Cards (To increase activity note that that 1=10 and 2=20 other cards from 3 upwards are face value)
- 2 – 4 players
- Marked area for cards next to a marked area for played cards
- 1 home area for each player
- 1 UNO Fitness Chart -visible by each player

Set-Up:

1. Shuffle the UNO Cards and scatter them on the floor inside the marked area.
2. Select a home space for each player, 5-10 meters away from the cards.
3. Each player must be able to see the **Uno Fitness Chart**

Activity Procedures:

1. This game is Fitness Uno. We will be developing our personal fitness with friends and family. This game is played in 2 phases, but it is a **race**.
2. During Phase 1, each player will run shuttle run style to the hoop to grab 1 UNO card per visit. Do **not** look at the card when you pick it up. Place the cards **face-down** in a pile in your home area
3. When you have collected **10 cards**, it's time for Phase 2. During this phase, you will race to return all your cards to the discard pile.
4. To discard a card, flip over 1 UNO card at a time and use the UNO Fitness Chart to determine which exercise to perform. The number on the card determines the number of exercise repetitions you'll complete. (However, 1=10, 2 = 20 E.g. Red 1 would be 10 Burpees but Red 3 = 3 burpees)
5. Once you have finished the exercise determined by the card run to put your card in the discard pile.
6. Return to home and turn over the next card, complete the exercise then run to discard. Repeat till you have discarded all your cards.
7. **It is race** to get all your cards discarded but beware of **wild cards**. Some are good and some are bad. (see below)
8. Get ready, Get set, Play and Enjoy! The winner will be the player that has discarded all their cards.

UNO FITNESS CHART	
CARD	ACTION
RED	Burpees
BLUE	Star Jumps
YELLOW	180 Degree Jumps
GREEN	Squats
    	
Wild Draw 4	Wild
Draw Two	Skip
Reverse	
Wild draw 4+	Show this card before discarding as other players must collect 4 more cards (4 shuttles)
Wild	Show this card before discarding as other players must collect 1 more card
Draw two +2	Put this card back in discarded pile but player must draw 2 extra card for themselves (2 shuttles)
Skip card 	Skip to pile to discard this card - no exercise
Reverse	Run backwards to discard this card but pick up 1 extra card from pile

FURTHER CARD EXPLANATIONS

Wild draw 4+ - Great for you but very bad for your competitors (x4 cards and 4 shuttle runs.) **Wild** – Good for you but others have to collect 1 card
Draw 2 – Bad for you as you have to pick up 2 extra cards **Skip card** – skip to discard -no penalty **Reverse** - run backwards- pick up 1 card
 Don't forget **1 = 10** and **2 = 20** however numbers 3 to 9 are face value.