



# UNO Catching Skill 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 (each player needs a ball)
- Marked area for cards next to marked area for discarded played cards
- 1 home area for each team (next to a blank wall)
- 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, near a wall 10 meters from the cards.
3. Each player stands must be able to see **Uno Catches Chart**

## Activity Procedures:

1. This game is **Catch Skills Uno**. You will be developing your hand eye coordination. 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 cards, 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 catches Chart to determine which catching skill to perform. The number on the card determines the number of catches you'll complete. (*However, 1 =10, 2 =20 E.g. Red 1 would be 10 catches but Red 3 = 3 catches*)
5. Once you have finished the number of catches determined by the card, run to put your card in the discard pile.
6. Return to home and turn over the next card and 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! Winner is the first to play and discard all their cards.

UNO Catches Chart				
CARD	ACTION			
RED	Alternate hand catches against wall			
BLUE	Clap catches -Throw ball up, clap & catch			
YELLOW	Alternate hand bounce & catch			
GREEN	Passes round your own body			
				
Wild Draw 4+	Wild	Draw Two	Skip	Reverse
Wild draw 4+	<b>Show this card before discarding as other players must collect 4 more cards</b>			
Wild	<b>Show this card before discarding as other players must collect 1 more card</b>			
Draw two +2	Put this card back in discarded pile but player must <b>draws 2 extra card for themselves</b>			
Skip card 	Skip to pile to discard this card - no catches			
Reverse	Run backwards to discard this card but <b>pick up 1 extra card from pile</b>			

## 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.