SPORTAUS

| F-2 | 3-4 | 5-6 | SKILL DEVELOPMENT |

Hearts-clubs-diamonds-spades

By selecting cards from a deck, players try to score as many points as possible by moving around the room performing various skills and activities. Play with 6–30.

What you need

> A deck of playing cards
> 4 posters with playing card suit symbols
> 4 posters with pictures or descriptions of various skills/activities
> Wall space or another area to display the posters
> Music and a music player

What to do

> When the music begins, players run to the middle of the room and pick up one card each from the deck. They then run to the wall that matches the suit of the card.
> Each wall has a selection of skills/activities e.g. at the 'hearts' wall, the card might read 'cartwheels, jumping jacks, wall handstands'.
> Players choose one of the skills and perform it the number of times indicated by the playing card.
> Once the skill is completed, the player keeps hold of the card and runs to the middle to select another one and repeats the process.
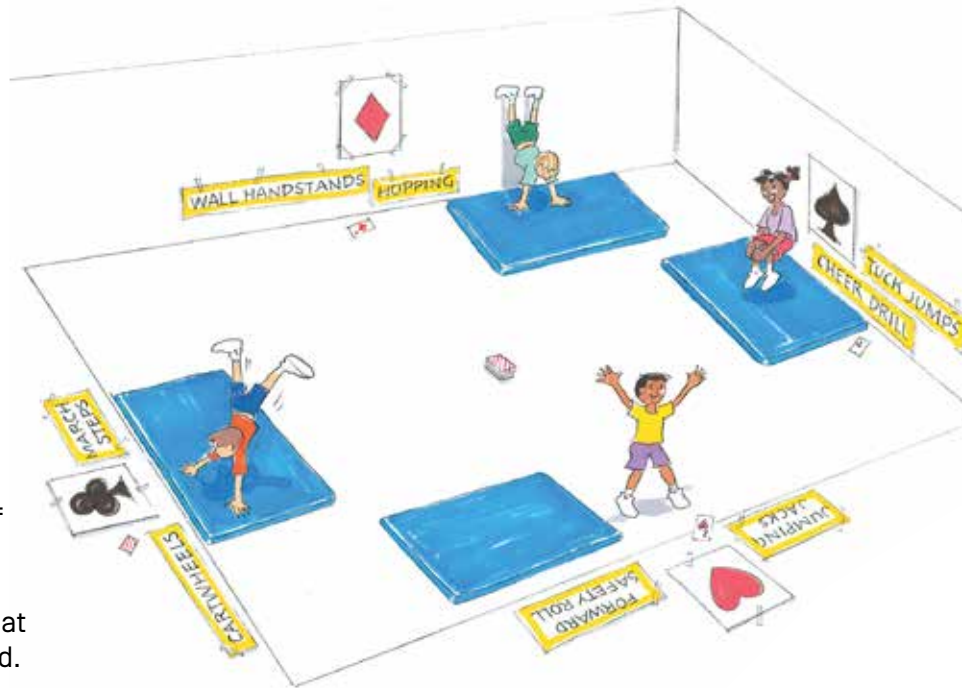
Change it

> Play the activity in pairs.
> Only have one skill to perform at each station.
> Increase the difficulty of the skills at each station.
> When players return to a wall they have already visited, they must perform a different activity.

Scoring

> Play for a set amount of time, or until all cards in the deck have been taken.
> Players score 1 point per card collected.

Safety

> Ensure students have appropriate upper body/core strength and prior practice if including handstands and cartwheels into the activities.
> Provide strength based progressions for students if they are unable to perform activities yet (e.g. plank hold or bunny hops before wall handstand).

PHYSICAL LITERACY ELEMENTS

MOVEMENT SKILLS STABILITY/BALANCE

STRENGTH

SAFETY AND RISK

AC:HPE CONTENT DESCRIPTIONS

LEARNING INTENTION

Hearts-clubs-diamonds-spades can be used to introduce students to basic balance and movement skills or can be modified to incorporate more complex skills. This game can be applied to any sport, particularly those with a focus on movement exploration such as gymnastics, dance, circus and martial arts.

ACPMP044

ACPMP062