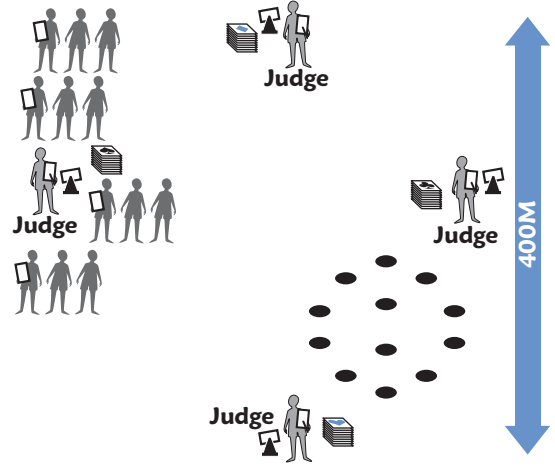




## Prep

- 4 cones (1 each for 4 stations)
- *Poker Adventure Race Skill Cards: Push-Ups, Rock Hop, Jumping Jacks, Curl-Ups (SPARKfamily.org)*
- 1 *Poker Adventure Race Task Card* per 3 students
- 1 spot marker per student (for Rock Hop)
- 2 decks of playing cards per 12 students
- 4 Shoulder Folders (optional)



## Set

- Create a large (400M) loop, placing 4 cones equal distant for the tasks around the loop. See *Poker Adventure Race Task Card* for task details.
- Create 4 stations, 1 at each cone using Shoulder Folders with *Poker Adventure Race Skill Cards* placed in each. See *Poker Adventure Race Task Card* for task details.
- Place 1 Judge at each of the stations and provide each with a stack of playing cards.
- Allow students to create Adventure Racing Groups of 3-4. Provide each group with a *Poker Adventure Race Task Card*.

## Teach

1. Today you will use your cooperative skills and improve your fitness in an Adventure Race. The object is to collect as many playing cards as possible and have the best 5-card poker hand at the end of the time limit (*simplify by making the object to collect as many cards of the same suit as possible*). Give each group member a role before the race.
2. **The Rules**
  - Follow instructions on *Poker Adventure Race Task Card*.
  - Groups must stay together the entire race.
  - On your 1<sup>st</sup> loop you must run around without stopping at any stations.
  - After your 1<sup>st</sup> loop, you will continue, completing all Task Stations for each of the loops made.
  - Get a playing card at each station.
  - Complete as many loops as possible in the time limit.
3. **Think About...**
  - When did your group cooperate and communicate?
  - Did everyone in your group have a role? What was it?
  - How did you encourage each other?

# POKER ADVENTURE RACE

## EXTENSIONS

### **Double 1 Task**

Every loop your group must perform double the repetitions needed for either the Jumping Jacks, Push-Ups or Curl-Ups Stations. Your group can change the Double-Up Station every loop.

### **Pedometer**

(Need 1 pedometer per 3 students.) One group member wears a pedometer. Your group will receive 1 extra playing card for every 1000 steps on the pedometer.



## WELLNESS INTEGRATION

All members of an Adventure Racing Group have to do their jobs to be successful. The same goes for personal wellness. Three key players include:

- 1) Physical Activity – Get at least 60 minutes a day.
- 2) Nutrition – Eat whole foods like fruits, vegetables, whole grains, and lean proteins. Limit empty foods like soda and candy.
- 3) Rest – Get at least 8 hours of sleep a night.



## STANDARDS ADDRESSED

### **NASPE**

#1, 2 Exercise techniques

#3, 4 Muscular strength and endurance, cardiovascular fitness

#5, 6 Cooperation, encouragement, following rules, social interaction

**Your State** (Write in here)

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## TEACHING TIPS

- Have a discussion with the class before the activity on how you can hear and see people showing appreciation toward each other. Encourage them to practice this skill during the activity.
- Modify tasks depending on student needs.
- Encourage everyone to jog in place while reading or strategizing.

### **NOTES**

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