

# Card Endurance Day

**Length of Activity:** 15 minutes or less

**Student Grade Level:** Grades 1-6

**Equipment:** PFA equipment, 3 decks of cards

**Outcome:** Children will complete 5 laps

**Gayle's Notes:** My PFA endurance day allows all the students a chance to receive recognition as well as completing laps at his/her pace. My parent aide and any student not physically able to participate in the PFA activity for the day pass out the cards. I determine the card requirement for the day (esp. 4, 5 and 6 in your hand, 3 of a kind, two of a kind, etc.)

I have arthritic knee problems so I currently teach using an adult tricycle. The tricycle allows me to travel with the students on the run/walk and then to check cards and watch students at PFA.

## **Activity:**

The students are assigned a designated area to travel 5 laps at their optimal physical level for the day. Each time the students returns to the starting point he/she receives a card. Students finishing before other students go to FFA to work out until all students have shown me their five cards.

## **Winner recognition ideas:**

- A hip-hip-hurrah from the students
- First to get water at the end of class
- Line leaders at the end of class
- First to get the equipment for the unit currently being taught

## **Variations:**

*Partner endurance day* - students must stay with a partner for the 5 laps and their combined cards are used

*Squad endurance day* - the squad combined their cards for the required card requirement for the day