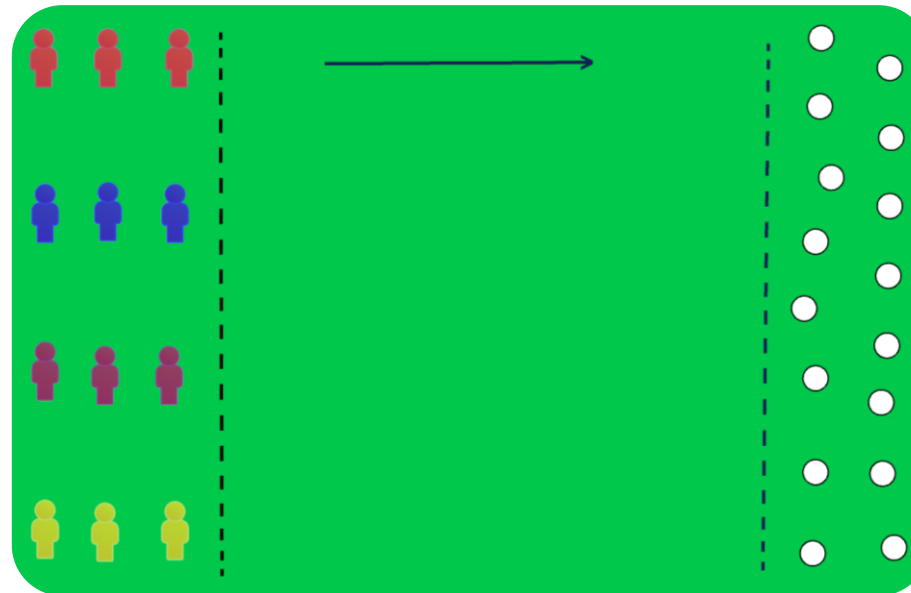


OBJECTIVE(S)

- Develop good running technique, and memory.

THE GAME

- Teams of 4-5 work best.
- Pupils are arranged in teams and line up like in a relay race.
- Playing cards are scattered face down at the opposite end of the hall.
- One at a time, pupils must sprint and turn two cards over.
- Match 2 playing cards to make a pair.
- If a pair is found, they bring the cards back to their team.
- If unsuccessful, the cards must be flipped back over.

**COACHING POINTS**

- Pump your arms opposite to your legs.

FOOTBALL LINKS

- Teamwork and decision-making.

HARDER/EASIER

- To increase difficulty, pairs must be of the same value e.g. two 4's or two Kings.
- To decrease difficulty, pairs can be of the same suit or colour e.g. two diamonds or two red cards.

CURRICULUM LINKS

- Develop control in running, changing speed, stopping and starting.
- Participate in cooperative and competitive play.
- Develop spatial awareness, direction and speed/pacing.

