Fitness War

OBJECTIVE:
This game allows students to practice honesty, fairness, honorable sporting behavior, and fitness skills. Fitness War, derived from the classic card game of War, is an energetic and exciting game, requiring a little strategy and a lot of luck. Ultimately, perseverance makes the difference.

EQUIPMENT:
• Playing cards (2 decks; there are 52 playing cards plus 2 jokers per deck. Make sure the decks are easily distinguishable. For example, a red deck and a blue deck).
• Hula Hoops (15-20)
• Optional: traffic cones to designate each corner is highly recommended (see diagram)

NOTE TO TEACHERS: A prerequisite to teaching Fitness War is being familiar with the card game of War. Below are the basic rules on how the card game of War is played:

1. Deal cards face down so that each player ends up with the same number of cards.
2. Put your cards in a stack face down without peeking at them.
3. Each player must turn up their top card and place it in the center of the table. Note: This procedure will be called a “face-off” for the game of Fitness War.
4. The player with the higher card gets to keep both cards. The joker is highest, followed by the ace, king, queen, jack, 10, 9, 8, 7, 6, 5, 4, 3 and, finally, the 2.
5. All cards won must be put in a separate pile.
6. In some cases, a "war" is declared if both cards on the table are the same, such as two jacks, two 3's, etc.
7. If there is war, each player must place three cards from their stack of cards face down and flip the fourth card face up. The player with the higher card gets to take all the cards that were used in that war.
8. Continue turning over each card, one at a time, until your stack is used up. Then use the pile of cards that you won as your stack and make a new pile for the cards you win.
9. Play continues until one player has all the cards.

PROCEDURE:
Before classes arrive, place all hoops, side by side, on the midline. Next, place half of one deck in each corner on one side of the gym and half of another deck in each corner on the opposite side of the gym (see diagram for setup). The object of the game is to win more cards than the
opposing team. **To Begin:** Divide the class into two teams and send each team to opposite sides of the gym to sit down and await further instructions. On the signal “go,” each player will go and get one card off of the floor from either of their team’s corners and will go meet inside any of the center hoops to face-off against one of the opposing team’s players. Players are allowed to pick one card that is laying face down each time a trip is made to their team’s corner. **Note: Cards may not be traded or returned once they have been chosen.** A “face-off” is when a player meets an opposing player inside one of the hoops to show his or her card to determine who has the higher card. **Hint:** do not reveal your card until getting inside a hoop. The player with the higher card gets to keep both cards and will go and place them face down on the floor at either of their team’s corners. All players must remember that they cannot pick up new cards from the corner where they dropped off their winning cards. For example, if a player drops off cards he won in the left corner, then he must now go to the right corner to select a new card to continue play. Players with the lower of the two cards will always give their card to their opponent and perform an exercise before being allowed to get a new card to continue play. Performing 5-10 jumping jacks, push-ups, sit-ups, knee bends, or mountain climbers are a few examples of exercises that students can choose if they lose. **Note: Jokers are the highest cards, followed by the ace, king, queen, jack, 10, 9, 8, 7, 6, 5, 4, 3 and, finally, the 2.**

A “war” occurs if two players who face-off have cards that contain the same number. These players will now have to play Rock, Paper, and Scissors to break the tie. **Note: Provide a brief explanation before the game begins of how to play Rock, Paper, and Scissors.** The losing player must perform an exercise before being allowed to get a new card to continue play. As a bonus, the winners of war get to keep both cards **and** go to either of the opposing team’s corners to take any three cards to go and place them face down on the floor at either of their team’s corners. The game is over and a team is declared the winners if the following situation occurs:

1. A team wins all of the cards in the game.
2. One team has more cards than the opposing team when the teacher stops the game after 10-20 minutes.
3. A player is caught turning over more than one card or a player picks up new card from the corner where he dropped off his winning cards.

Clean up by performing a 10-second count down while students return the correct cards to their appropriate team’s corners before starting a new round.
RULES AND SAFETY:

1. Players are allowed to pick one card that is laying face down each time a trip is made to their team’s corner. The opposing team will be awarded an automatic win if any player is caught turning over more than one card.
2. Cards may not be traded or returned once they are chosen.
3. The player with the higher card gets to keep both cards to go and place them face down on the floor. Jokers are the highest cards, followed by the ace, king, queen, jack, 10, 9, 8, 7, 6, 5, 4, 3 and, finally, the 2.
4. Players cannot pick up new cards from the corner where they dropped off their winning cards.
5. Players who lose a face-off or war will always give their card to their opponents and perform an exercise before being allowed to get a new card to continue play.
6. A “war” occurs if two players who face-off have cards that contain the same number. These players will now have to play Rock, Paper, and Scissors to break the tie.
7. The winners of war get to keep both cards and go to either of the opposing team’s corners to take any three cards.

VARIATIONS:

1. Add an additional deck to each team’s corner.
2. Create new skills to be performed for the losing players.
3. Play Human rock, paper, and scissors.
   • Quickly determine in your head if you want to be a rock, paper, or scissors.
   • Jump up and down (at the same time as your opponent) for two counts and on the third count, land in a rock position, paper position, or scissors position.
     1. Rock Position: land while squatting down like a frog.
   • Play the game at the same rhythm. For example, players must show their symbol on the third count of 1-2-3 or when scissors is said in “Rock, Paper, Scissors.”
DIAGRAM:

= playing cards  ○ = hoops