

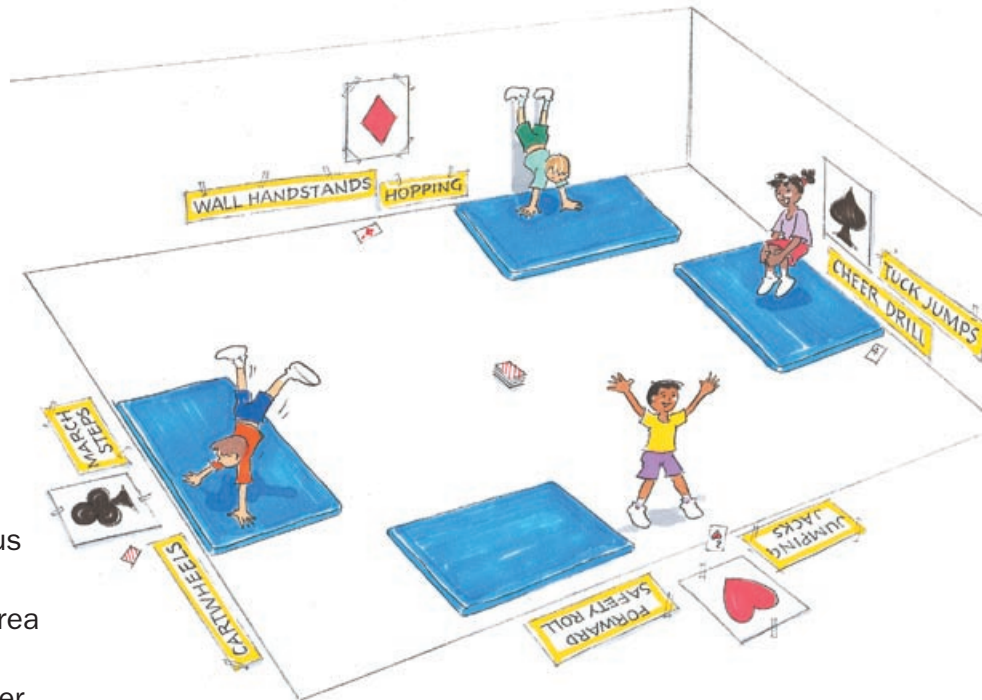


Australian Government  
Australian Sports Commission



# Hearts–clubs–diamonds–spades

**A** 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.

## LESSON LINK:

*Hearts–clubs–diamonds–spades* adds a different element to a drill that might otherwise be boring. It can be used to introduce players to simple skills or incorporate more complex ones and is applicable to any sport, particularly gymnastics, dance, circus and martial arts.

SESSION PLANS

Combos > Start Out MV 07B + Get Into It MV 06B + Get Into It MV 09A