



@miss.g.88

PE Uno Challenge

Challenge yourself and your family to a game of 'PE Uno'. This edition involves you being active while playing a card game. All you need is a uno deck OR a normal deck of cards. If you don't have either - create them on some paper or print out the uno deck that I have already created.

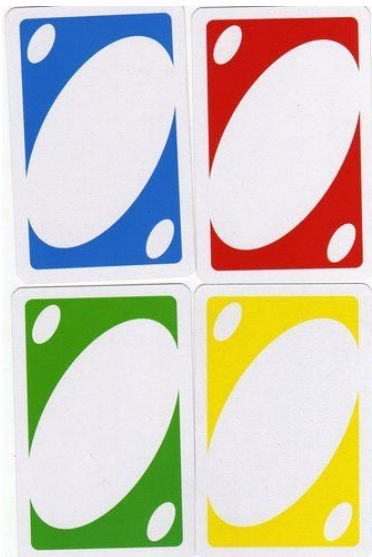
Rules:

You take turns and follow normal uno rules.

The person next to you completes the exercise. The number on the card is our many times you have to do that exercise.

For example, the number 7 on a red card = running on spot for 7 seconds.

The last person without cards is the winner. Have fun and get **active** !



RED: Running on spot (seconds)

GREEN: Toe Touches or Side bends

BLUE: Star Jumps or Big jumps

YELLOW: Squats/ Bicycle kicks

*** WILD:** Your choice of exercise



