



the Y UNO Challenge

Find a deck of UNO cards and your siblings or friends, then challenge each other with different gymnastics strength exercises!

HOW TO PLAY:

Take turns in the group drawing a card from the pile. Use the table below to see the skills to complete, and use the number on the card to determine how many reps to complete, or how many seconds to hold!

	Beginner	Intermediate	Advanced
RED	Front Support Hold	Pushups	Pushup
BLUE	Back Support Hold	Tuck Sit ups	V-snaps
GREEN	Tuck Jumps	Star Jumps	Burpees
YELLOW	Hop on one leg	Scoop hold	Superman rocks

BONUS CARDS:

Draw 2 – player takes two turns in a row

Draw 4 – player takes 4 turns in a row!

Skip – you get a break this time

Reverse – you get a break, go back to the previous player

WILD – pick any other player to draw a card and complete an extra activity!

But what if I don't have UNO cards?

You could use the same rules above with a normal deck of cards, and replace a colour with a suit (eg red = hearts, blue = clubs etc). Make up your own rules for Jack, Queen, King, Ace and Joker cards!

