

Shuffle

- Pupils stand at desks behind their chairs, ensuring there is space to move arms and legs without touching other pupils.
- Teacher brings a deck of cards around the room and invites a pupil to select a card and show it to the class (or invites a pupil to generate a card on the whiteboard).
- For each card, all pupils perform a movement, determined by the suit and the number on the card (e.g. 4 of clubs = 4 jumping jacks). For picture cards a different action is performed for six seconds.
- The card is then put to the bottom of the deck and the teacher invites the next pupil to select or generate a card, continuing until all pupils have had a chance to select a card.
- Alternatively, picture cards could be interpreted as numbers (Ace = 1, Jack = 10, Queen = 11, King = 12, Joker = 13).

Equipment:

Large deck of playing cards or online card generator displayed on whiteboard.

	Split Bounce (from Bizzy Breaks poster)
	Jumping Jacks
	Twists
	Bounceroo (from Bizzy Breaks poster)
Jack	Stretch up high for six seconds
Queen	Shake whole body for six seconds
King	March on the spot for six seconds
Ace	Rest for six seconds
Joker	Stand on one leg for six seconds

Learning across the Curriculum

This Bizzy Break can be used as a starting point to explore **chance** and **healthy hearts**. You might like to try the below activities.

Maths

Strand: Data
Strand Unit: Chance

- Conducting an experiment to investigate chance and the likelihood of drawing a specific card or card type (a black card, a picture card, a 7 etc.) at random from a 52-card deck of playing cards.

SPHE

Strand: Myself
Strand Unit: Taking care of my body

- Demonstrating how to take a pulse on the wrist or neck. Experiment with taking the pulse at rest and after different activities.
- Discussing the function of the heart and how to keep it healthy.