

Box Three

Objects Needed

- A deck of cards
- A timer

The Rules

- Hearts
 - Crouch pump finger touching indicates number of times as indicated by number of card.
 - Take one jump back from the cards before starting.
- Spade
 - Squat digging – arms down straight between legs and up overhead.
 - Repeat for the number on the card
- Diamonds
 - Sit back straight, NO ARMS, legs out and wait for someone to join you to start
 - If no one sits with you, you are on pause
 - Time is the number of the card in seconds.
- Clubs
 - Piggybacks, jump on, run, run back
 - The number on the card indicates speed of the runner
- If you see someone with the club finish yours and then help them.
- Number on the card states the amount of time or the duration you have to carry that card out for.
- When you finish start-placing the used cards in order of suit.
- If there are no more cards to sort squat like a tennis ball collector.
- If you are left stuck on a diamond you will be given a set timer. You must stay in that position until the timer goes off.