

ACES

Playing **ACES** is a fun way to integrate math and strategy in to your running session. Small, large, indoor, or outdoor spaces are equally awesome for this game.

Objective

Demonstrate counting and strategy, proper form, pace, and technique when performing fitness activities.

Materials

- Multiple decks of cards, shuffled and stacked.
- Cones to mark loop (optional)

Student Cues and Focus

- Keep cards safe while running. Don't drop.
- Focus on form and pace
- Help/pace one another

100 Mile Club® Mile-Equivalents

Cards will record actual laps/miles run during this game.

Standards: 1, 4, 5

The Basics:

- No swapping cards with peers. Your cards are your cards.
- Numbered cards hold their own value (2 of ♣ = 2 points, etc).
- Face cards are as follows:
 - Jack = 5
 - Queen/King = 10
 - ACE = 12!



Setup & Procedures

1. Shuffle a deck or more of playing cards and place face down in a basket. Coach can hold cards and pass them out as well, making sure they are face down as they pass them to runners.
2. As runners pass after each lap, they will randomly draw (or be handed) one card from the pile.
3. Add up total value of card at the end and announce the top 3 points = winners!
4. **GAME CHOICES/VARIATIONS:**
 - a. Once a runner has 5 cards, they stop and add up the total value of their hand
 - b. Run for a set amount of time and add up cards
 - c. Run the equivalent of one mile and add up cards
5. If runners wish to exchange a card, they may exchange up to 2 cards maximum by performing a strength activity such as:
 - a. 10 pushups.
 - b. 30-second plank
 - c. 15 sit-ups or crunches
6. Lowest hand wins/Highest hand wins
 - a. **OPTIONAL:** Keep the "win" criteria a secret until the end of the session. Flip a coin to decide if low or high hand wins.
7. If there is a tie between players, choose a "sudden death" card between the tied players and the highest value wins.
8. Turn in cards for lap/mile credit at end of game.
 - a. Runners line up, show their cards, call out the number of cards they have, coach documents laps, runners toss cards in basket.
 - b. If everyone ran the same distance, coach documents runners in attendance and credits all with the same distance.



ACE THOSE LAPS

Tips and Hints

- ✓ Winners can receive a little prize or lead warmups, cheers, or cooldowns the next day.
- ✓ **Music makes it great.** Use music to start/stop play.
- ✓ **Encourage & Communicate.** Talk about helping one another learn the game, helping one another count, celebrating and cheering for one another, and running safely in a large group.
- ✓ **EYES Open.** Watch to ensure all are getting a chance to run and gather cards. For kids on modified miles (aka Kindergarten), give 2 cards/lap or 5 cards for “best effort”.
- ✓ **Make it a team game.** Create small groups (2-4) and see who can gather the most points in a set time.
- ✓ **Finish With a Cheer.** Gather as a group, praise students, and call out “1-2-3!” or “Who are we?” → “100MILE CLUB!” More Chants & Cheers available in Coaches Corner.

REFERENCES:

SHAPE America. (2014). National standards & grade-level outcomes for K-12 physical education. Champaign, IL: Human Kinetics.



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