**AEROBIC NUMBERS** (Don Puckett)

* Need a set of cards (regular or UNO)
* Minimum four cards of each number.
* Each team will be given a number.
* Place the number cards face down about 60 to 80 feet away.
* On the signal one person from each team will run to the numbers, turn ONE up and look at it.
* If the number matches the number of his/her group they take it back to their line.
* If it does not match they turn it face down and return to their line, and the next person takes a turn.
* This continues until the team finds all four of the number cards that match their number.
* Having a point where the returning player crosses that allows the next person to start helps to speed up the activity and cuts down on just sitting and waiting.