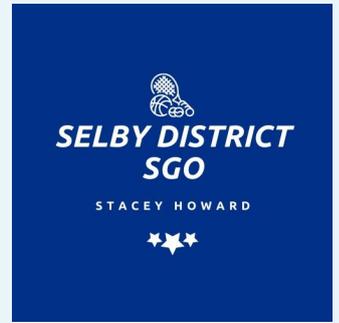




Outdoor Ted™



Madster's  
MEMORY  
MATCH

Fun PESSPA



# Madster's Memory Match Challenge

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To play this PESSPA game you need a large space, the school hall, playground or field will do. This could also be sent home for families to play.

The aim is simple - The player/team that collects most pairs and completes the challenges is the winner.

Set up: Place your resources cards in a square making sure they are neat but all mixed up.

You can either make your own cards, use a pack of playing cards - the large ones would be perfect for this activity or you can use the ones that come with this pack.

The participants line up at an equal distance away from the cards - The distance may depend on the space available - we recommend 5 meters or more

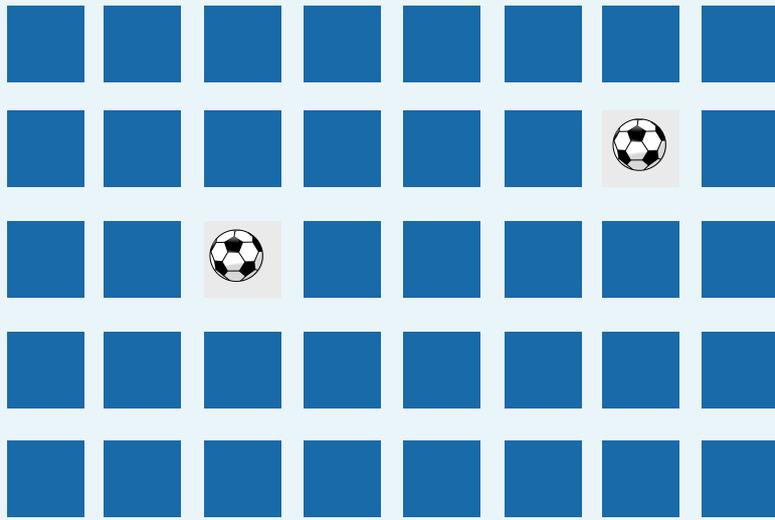
## How to play

Each player takes it in turn to run and flip over any 2 cards - if they match they take them back to their team for the whole team to complete the challenge that comes with the cards.

If the cards don't match they flip them back over.

The team with the most pairs at the end of the game are the winners.





Teams





## Playing cards version

If playing in a hall you can project this page for the pupils to follow  
Or print out for each team.

1. ACE            10 star jumps
2.                    10 squats
3.            10 speed bounce jumps
4.                    10 sit ups
5.                    10 high knees
6.            10 mountain climbers
7.                    10 burpees
8.                    10 second plank
9.                    10 lunges
10.    10 seconds sprint - on the spot
- Jack                10 second wall sit
- Queen              10 press ups
- King                10 Frog Jumps

You could also add the jokers, anyone finding the jokers have to put back all their pairs



## Playing cards version

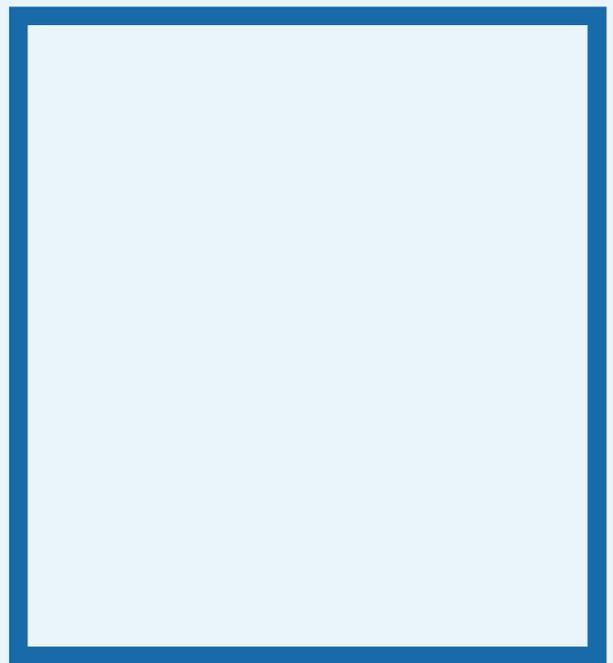
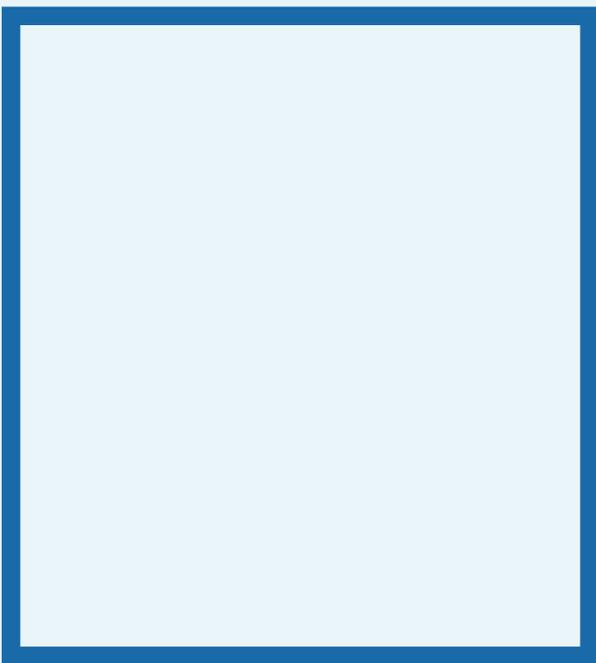
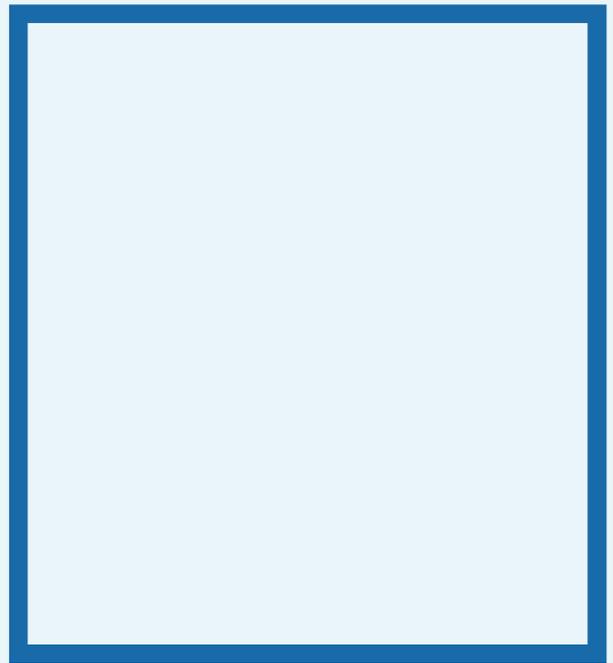
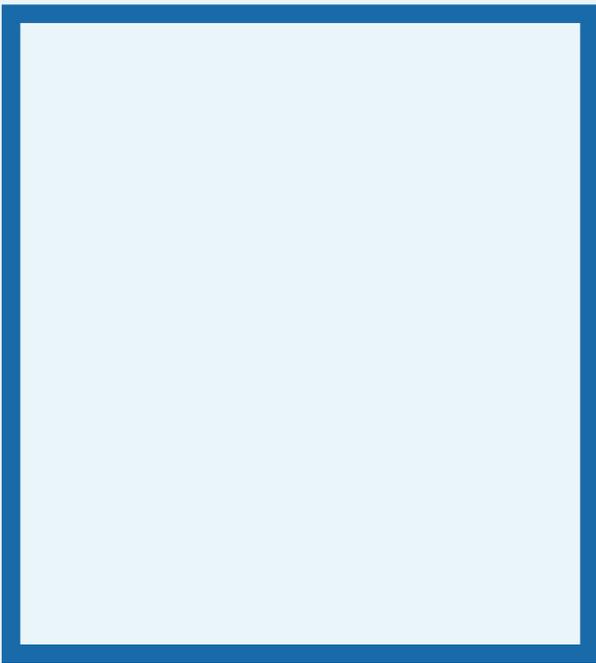
Use this version to write in your own actions, e.g. make them sport based such as football, 10 keepy uppies

1. ACE
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
10. Jack
- Queen
- King

You could also add the jokers, anyone finding the jokers have to put back all their pairs

Why not get your pupils to make their own challenge pairs. We recommend a picture with a challenge.

See our challenge cards as an example



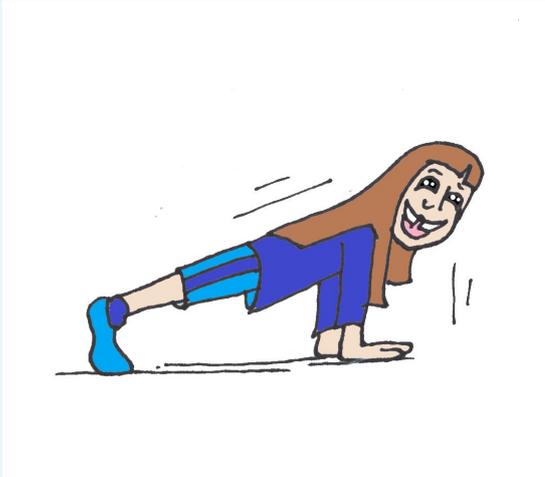
These are our print out and use cards. There is just one of each card so you will need to print them out multiple times



Hold a plank for  
10 seconds



Hop on one leg  
10 times



10 press ups



10 sit ups



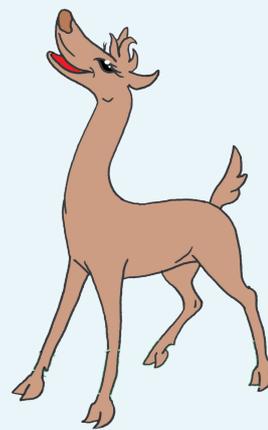
10 squats



10 star jumps



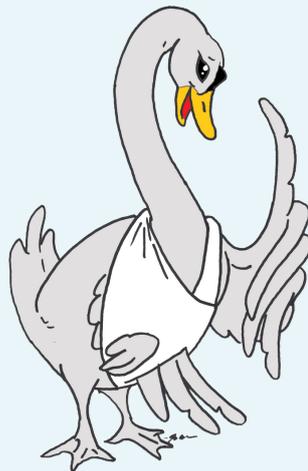
Hold a wall sit for  
10 seconds



10 lunges



10 speed bounce  
jumps



10 second  
sprint  
on the spot