

Alice in Wonderland Movement Adventure – Levels C & D

STAY ACTIVE

To build fitness, imagination, and creativity by acting out a movement-based adventure of Alice in Wonderland.



Learning Intentions

Follow instructions and complete movements linked to a story adventure.

Use imagination and creativity to act as different characters.

Participate in fitness challenges that improve strength, balance, and coordination.



Success Criteria

Students can perform each action with effort and enthusiasm.

Students can follow instructions safely and correctly.

Students can show creativity by pretending to be characters in the story.



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Duration: 10–15 minutes

Objective

To build fitness, imagination, and creativity by acting out a movement-based adventure of *Alice in Wonderland*.

What You Need

- No special equipment
- Space for safe movement
- Optional: projector or speaker to share the story or video guide

Gameplay

1. The teacher introduces the adventure: “We are going to follow Alice into Wonderland and act out everything she does.”
2. Play the attached video, guiding students through the matching movement (e.g., bunny hops to chase the rabbit, squat jumps to change size).
3. Continue through the adventure sequence until students reach the ending.
4. Please encourage students to use their imagination and play the role of Alice or other characters.

Debrief

- “Which character was your favourite to act out? Why?”
- “How did your body feel after completing all of the movements?”
- “Why is it important to move our bodies every day?”

For Wheelchair Users / Accessibility

- Replace jumps with arm raises or stretches.
- Adapt squats/lunges into seated movements, such as arm curls, torso twists, or reaching to the side.
- Focus on storytelling and imaginative role play so all students can join in, even if movements are modified.



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Notes for Inclusion

- Allow students to choose how they perform each action (big movements, small movements, seated, or standing).
- Pair students for encouragement and support.
- Reinforce creativity as much as accuracy; imagination is part of success.

Variations

- **Outdoor Edition:** Use an oval or playground for large movements.
- **Family Edition:** Families can complete the story adventure together at home.
- **Group Challenge:** Groups perform the adventure together and cheer each other on.

