

Alice in Wonderland Movement Adventure - Levels F-3

STAY ACTIVE

To develop movement skills, creativity, and confidence by following an Alice in Wonderland story adventure with linked physical actions.



Learning Intentions

Participate in an imaginative story adventure using movement.

Practise balance, coordination, and whole-body fitness through playful actions.

Build confidence in trying new movements in a safe environment.



Success Criteria

Students can join in and complete each action to the best of their ability.

Students can follow the teacher's instructions and stay engaged with the adventure.

Students can show imagination by acting as different *characters from Alice in Wonderland*.



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Duration: 10–15 minutes

Objective

To develop movement skills, creativity, and confidence by following an *Alice in Wonderland* story adventure with linked physical actions.

What You Need

- Open space for safe movement
- Optional: projector, speaker, or teacher narration to guide the adventure

Gameplay

1. The teacher introduces: "We are going to go on a movement adventure with Alice. Let's use our bodies to pretend we are part of the story!"
2. Play the attached video or read or narration of part of the adventure, and students copy the movements, for example:
 - **Chasing the White Rabbit** – bunny hops.
 - **Falling down the rabbit hole** – controlled spins on the spot.
 - **Drink me/grow tall** – reach arms high, stand on tiptoes.
 - **Eat me/shrink small** – crouch low or curl into a ball.
 - **Mad Hatter's Tea Party** – sit-ups or pretend pouring tea.
 - **Queen of Hearts chase** – running on the spot.
 - **Escape Wonderland** – big leaps or jumps to the finish line.
3. Continue until the story concludes.
4. Teacher encourages creativity: "How would Alice or the Mad Hatter move?"

Debrief:

"Which movement was the most fun? Why?"

"How did you feel when you pretended to be a character?"

"What do you think this adventure taught us about using our bodies?"

For Wheelchair Users / Accessibility

- Replace hopping/jumping with arm pushes, spins, or reaches.
- Encourage storytelling actions (pouring tea, waving arms like a Queen, stretching tall).
- Focus on imaginative role-play so all students feel included.

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Notes for Inclusion

- Allow students to choose their own movement level (small/big, seated/standing).
- Encourage peer support and teamwork.
- Celebrate participation and imagination as much as physical performance.

Variations

- **Classroom Edition:** Do smaller movements beside desks.
- **Outdoor Adventure:** Act out the story on the playground with bigger actions.
- **Home Version:** Families can join in and create their own Wonderland movements.

