

Bounce Back Race – Levels F-3

STAY ACTIVE

To help students experience resilience through movement by practising the act of “bouncing back” after falling. Uranus, with its unusual tilt and ability to stay steady despite spinning differently, reminds us that bouncing back is what makes us strong and special.



Learning Intentions

Students will practise moving their bodies in fun and active ways. This develops gross motor skills and physical confidence.

Students will learn how to bounce back when things don't go their way. This supports emotional resilience and persistence.

Students will practise trying again with a smile, even when they fall or feel frustrated. This encourages self-regulation and a positive mindset.



Success Criteria

I can hop, fall gently, and bounce back up safely. This supports coordination and body awareness.

I can stay positive when I fall or get stuck. This builds resilience and self-belief.

I can cheer on my peers and keep trying with a smile. This promotes kindness, teamwork, and emotional strength.



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Objective:

To help students experience resilience through movement by practising the act of “bouncing back” after falling. Uranus, with its unusual tilt and ability to stay steady despite spinning differently, reminds us that bouncing back is what makes us strong and special.

Players:

Ideal for 4–26 students in an open space

Materials:

- Soft mats or grassed area for safe play
- Cones or markers to set up lanes (optional)
- Music for energy (optional)

Time Required:

10–15 minutes

Setup:

Begin by reading the Uranus page from *The Playful Astronauts* and ask students:

- “What do we do when things go wrong?”
- “How do we bounce back like strong astronauts?”

Introduce the activity as a fun race where we practise hopping forward, falling gently, and bouncing back, just like real astronauts learning something new.

Gameplay:

Step 1 – Explain the Pattern:

Demonstrate the sequence:

1. **Hop forward three times**
2. **Gently fall to the ground** (onto knees or tummy, model safe falling)
3. **Bounce back up** with a smile or superhero pose
4. **Repeat until the finish line**

Remind students that falling is part of the fun, and the goal is to get up with courage and confidence.

Step 2 – Start the Race:

In small groups, have students race across the space by repeating the pattern:

- Hop-hop-hop → fall → bounce!
- Add cheering music or countdowns for excitement.

Celebrate their efforts, not their speed.

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Step 3 – Reflect as a Group:

Gather students together and ask:

- “Was it tricky to keep going?”
- “How did it feel when you bounced back up?”
- “What helps you when things are hard?”

Winning the Game:

Everyone who keeps trying and smiles when things go wrong is a winner. Uranus teaches us that resilience is not about being perfect; it's about getting up and moving forward every single time.

Variations:

Team Relay:

Turn the game into a team challenge. Each player completes one full sequence (hop-hop-hop → fall → bounce) before tagging the next teammate. Teams cheer each other on until every astronaut has bounced back.

Obstacle Bounce:

Add simple obstacles (cones to weave, hoops to jump over) to combine agility and resilience.

Freeze Bounce:

When the music stops, everyone freezes mid-hop. When the music starts again, they fall and bounce back together, promoting focus and timing.

Mindful Version:

Replace the superhero bounce with a slow “rocket lift-off” pose, students rise slowly while saying something positive like:

“I can do hard things.”

“I always try again.”

Family or Class Challenge:

Invite families or classes to create their own “Bounce Back Course” at home or outside, encouraging laughter and resilience beyond the classroom.

For Wheelchair Users / Accessibility:

- Replace hopping with forward pushes, gentle rolls, or arm movements (e.g. pushing forward three times, then leaning back and forward again to “bounce”).
- Provide soft mats for gentle upper-body movement or symbolic “bounces” with arms.
- For limited mobility, students can mimic the hop-fall-bounce pattern through hand gestures (e.g. tap table three times, pretend fall with hands, lift arms proudly).
- Ensure adequate space and smooth surfaces for wheelchair movement.
- Allow peer partners for cooperative play (e.g. one student performs the hops, the other models the bounce).

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Notes for Inclusion:

- Emphasise that falling or making mistakes is expected and celebrated.
- Model falling safely and show joy in getting back up.
- Reinforce affirmations during play:
 - “Falling is learning.”
 - “Every bounce makes us stronger.”
 - “Trying again is brave.”
- Encourage laughter and teamwork, not competition.
- Support emotional safety by ensuring all students feel comfortable, no one should be laughed *at*, only *with*.
- Use positive language that connects effort with pride:
 - “You didn’t give up, that’s what astronauts do best!”
- End with a class reflection or group cheer:
 - “We can bounce back, just like Uranus!”

Additional Notes:

The *Bounce Back Race* is a joyful, physical metaphor for resilience. It teaches students that falling is normal, and getting up is powerful. Just like Uranus continues to spin its own way, this activity empowers young learners to move forward with strength, energy, and the courage to try again.

