

# Movement Path Race – Levels C and D

# STAY ACTIVE

To build stamina, coordination, and persistence through a variety of movements while promoting encouragement, teamwork, and fun in a race-style activity.



## Learning Intentions

### Movement Variety:



Students aim to practise moving in different ways (walking, hopping, crawling, skipping).

### Persistence and Effort:

Students try their best to keep going on the path until they finish.

### Encouragement:

Students aim to celebrate and cheer for others during the game.



## Success Criteria

I can follow the card instructions and move in the correct way.



I can complete the pathway with persistence and effort.

I can cheer and encourage others as they take their turn.



# Movement Path Race - Levels C and D

# STAY ACTIVE

**Duration:** 10 minutes

## Objective

To build stamina, coordination, and persistence through a variety of movements while promoting encouragement, teamwork, and fun in a race-style activity.

## Players

Whole class, small groups, or pairs (one racing, others cheering).

## Materials

- Deck of playing cards
- Cones or markers to form the pathway or racetrack

## Setup

- Place cones or markers in a line, loop or curved path to create a clear pathway.
- Place the deck of cards at the starting line.
- Ensure there is enough space for safe movement.

## Gameplay / Activity Steps

### 1. Draw a Playing Card

- A student draws a card from the deck.
- The suit tells them how to move:
  - **Hearts = Walk the path**
  - **Diamonds = Hop the path**
  - **Clubs = Crawl or bear walk the path**
  - **Spades = Skip the path**

### 2. Check the Number

- The number on the card tells the student how many times they must travel around the path.
- Example: *7 of Hearts = Walk the path 7 times.*
- Face cards = *Choice of movement* (student chooses).

### 3. Complete the Path

- Students move along the path using the chosen movement.
- Peers cheer loudly for encouragement.

### 4. Rotate Turns

- When one student finishes their first lap, the next player draws a card and completes the challenge. It is ok to have numerous students completing the path at the same time. Encourage them to high five each other when they cross paths.
- Continue until all students have had a turn.

# Movement Path Race - Levels C and D

## STAY ACTIVE

### Reflection Prompts

- Which movement was the hardest for you?
- How did it feel when others cheered for you?
- Why is it important to encourage each other when trying something challenging?

### Winning the Game

There are no winners. Success is when students try their best, complete the path, and cheer for others.

### Variations

- **Fitness Edition:** Add a time challenge (complete within 1 minute).
- **Team Edition:** In teams, each student completes one lap of the path sharing the number of laps as a team.
- **Children's Edition:** Use animal movements instead of suits (e.g., walk = elephant, hop = frog, crawl = bear, skip = kangaroo).

### For Wheelchair Users / Accessibility

- Replace movements with accessible alternatives (e.g., rolling forward, weaving through cones, turning circles).
- Students can choose their preferred movement to stay involved.

### Notes for Inclusion

- Encourage peers to clap, cheer, or give high-fives when someone completes the path.
- Celebrate effort, not speed.
- Provide visual cards with movement pictures for extra support.

