

Movement Path Race - Levels F-3

STAY
ACTIVE

To encourage students to explore different movements, practise persistence, and cheer for others while having 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 move in the way the card tells me.



I can finish the pathway and not give up.

I can encourage my friends by clapping or cheering.



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Duration: 8–10 minutes

Objective

To encourage students to explore different movements, practise persistence, and cheer for others while having fun in a race-style activity.

Players

Whole class, small groups, or pairs.

Materials

- Deck of cards
- Cones, spots, or markers to make a simple pathway

Setup

- Place cones in a straight line, loop or curved path to create a clear pathway.
- Put the deck of cards at the start of the pathway.
- Ensure there is enough space for students to move safely.

Gameplay / Activity Steps

1. Pick a Card

- A student takes a card.
- The suit shows how to move:
 - **Hearts = Walk**
 - **Diamonds = Hop**
 - **Clubs = Crawl or bear walk**
 - **Spades = Skip**

2. Check the Number

- The number tells the student how many times to go along the path.
- Example: *4 of Diamonds = Hop 4 times along the path.*
- Face cards = *Choose your favourite movement.*

3. Do the Movement

- The student moves along the path.
- Other students clap and cheer until they finish.

4. Swap Turns

- When one student finishes, the next student picks a card and starts.
- Alternatively you can allow for numerous students to be in the path at the same time, have the next student start their path once the student before them has completed their first lap.

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Reflection Prompts

- Which movement was the most fun?
- How did you feel when others cheered for you?
- Why is it kind to cheer and support our friends?

Winning the Game

There are no winners. Everyone is successful when they try their best, complete the path, and show kindness by cheering for others.

Variations

- **Mini Path:** Shorten the path for younger children or limited space.
- **Animal Moves:** Change suits into animals (e.g., hop like a frog, crawl like a bear, skip like a kangaroo, walk like an elephant).
- **Team Race:** Two students complete the pathway at the same time, with friends cheering both.

For Wheelchair Users / Accessibility

- Replace movements with accessible choices (roll forward, weave through cones, spin, or stretch arms while moving).
- Provide visual cards with movement pictures to support all learners.
- Ensure the pathway is wide enough for wheelchairs to navigate it.

Notes for Inclusion

- Celebrate effort and persistence, not speed.
- Encourage high-fives, claps, or verbal praise when a friend finishes.
- Allow drawing or acting out the movements if students need a break from physical activity.

