

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.



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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.



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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.



MOVEMENT VISUAL CARDS

PRINT AND CUT OUT THE CARDS. STUDENTS MOVE ALONG THE PATHWAY, COMPLETING EACH SECTION USING THE MOVEMENT ON THE CARD. ADULTS MODEL EACH MOVEMENT AND NAME IT ALOUD TO SUPPORT UNDERSTANDING.

