

Old MacDonald Had a Fitness Farm – Levels C & D

STAY ACTIVE

To combine storytelling and physical movement in a fun way that helps students stay active, practise coordination, and use their imagination.



Learning Intentions

Join in with movement:



Students aim to copy or attempt simple whole-body or upper-body actions during the story.

Engage in imaginative play:

Students aim to pretend to be farm animals using movement, gestures, or sounds.

Participate in a shared routine:

Students aim to stay involved in the group activity with adult support.



Success Criteria

I can join in with one or more movements.

I can show or communicate an animal through sound, gesture, or movement.



I can participate in the story with my group.



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Duration: 8–10 minutes

Objective

To combine storytelling and physical movement in a fun way that helps students stay active, practise coordination, and use their imagination.

Players

Suitable for small to large groups, for classrooms or outdoor spaces.

Materials

- Story script of *Old MacDonald Had a Fitness Farm* or video narration.
- Open space for safe movement.

Setup

- The teacher reads aloud the story (or plays a video).
- Students are seated or standing with space to move.
- The teacher models each action with clear instructions before starting.

Gameplay

1. Start the Story

- Begin with: “Old MacDonald had a farm...”
- Students do **star jumps** as a warm-up.

2. Story Actions

- *Cow* → Squat to the ground with moo sounds.
- *Horse* → Galloping on the spot or around the room.
- *Pig* → March with high knees and arms waving.
- *Duck* → Flap arms like wings.
- *Other Animals* → Teacher can add variations (stretch tall like a giraffe, crawl like a cat, etc.).

3. E-I-E-I-O Song

- Students twist side to side as they sing “E-I-E-I-O.”

4. Finish the Story

- Cool down with gentle stretches, pretending to rest on the farm.



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Variations

- **Classroom Edition:** Use small movements (clapping, arm flaps) for limited space.
- **Outdoor Edition:** Add running, skipping, or bigger animal actions in open areas.
- **Family Edition:** Parents and children act out the animals together.

For Wheelchair Users / Accessibility

- Replace jumping with clapping, arm flaps, or tapping chair sides.
- Galloping can be replaced with arm swings or pushing wheels gently.
- High fives adapted to air fives or touching fingertips.
- Wheelchair spins on the spot can be used as movement.
- Always provide choices and celebrate effort.

Notes for Inclusion

- Use both verbal and non-verbal responses (gestures, animal sounds, pointing).
- Provide explicit modelling of each movement.
- Allow extra time for students who need it.
- Encourage creativity, and students can suggest their own animal movements.
- Focus on participation, laughter, and connection rather than accuracy.

Additional Notes

Old MacDonald Had a Fitness Farm is a lively story-based movement game that promotes imagination, coordination, and fun. It can be adapted for any space or group size, making it a flexible and enjoyable energiser for young learners.

