

# Sports Adventure Game - Levels F-3

# STAY ACTIVE

To build physical activity, teamwork, and creativity through a playful sports adventure where students complete fun challenges inspired by different sports.



## Learning Intentions

### Explore Movement and Play:

Students participate in a variety of sports-inspired challenges that encourage active play.

### Build Teamwork and Cooperation:

Students practise working with others, taking turns, and celebrating shared success.

### Develop Imagination and Creativity:

Students use their imagination to bring a sports "adventure" to life.



## Success Criteria

Students join in the movement activities and sports challenges.

Students take turns, cooperate, and encourage others.

Students contribute imaginative ideas to the adventure.



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**Duration:** 10–20 minutes

## Objective

To build physical activity, teamwork, and creativity through a playful sports adventure where students complete fun challenges inspired by different sports.

## What You Need

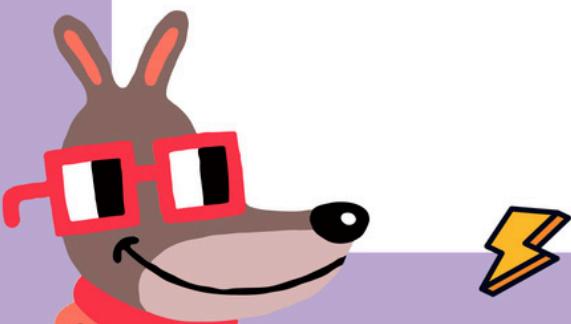
- Cones or markers to set up small “stations” or “adventure stops.”
- A soft ball or beanbag.
- Hoops, skipping ropes, or any available sports equipment.
- Optional: picture cards representing different sports (e.g., soccer, basketball, tennis, gymnastics) (these can be found in the PDF resources tab).

## Gameplay

1. **Set the Scene** – Tell students they are going on a “Sports Adventure.” Each station is a different sport or challenge.
2. **Adventure Stops:**
  - **Soccer Stop:** Students dribble or pass a ball around a cone or to a partner.
  - **Basketball Stop:** Students practise bouncing the ball on the spot or into a hoop.
  - **Tennis Stop:** Students use their hand or a bat to tap a ball back and forth.
  - **Gymnastics Stop:** Students balance on one foot, do a stretch, or create a “freeze pose.”
  - **Running Stop:** Students run or roll (wheelchair users) to a cone and back.
3. **Rotate** – Students move through the different stops in small groups, cheering each other on.
4. **Adventure Twist** – At the teacher’s call, the whole class joins together for a group challenge, e.g., a relay, ball circle pass, or balance challenge.
5. Continue until all students have experienced each stop.

## Debrief

- “Which sports stop was your favourite? Why?”
- “How did we help each other on the adventure?”
- “What new movement or challenge did you enjoy most?”



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## For Wheelchair Users / Accessibility

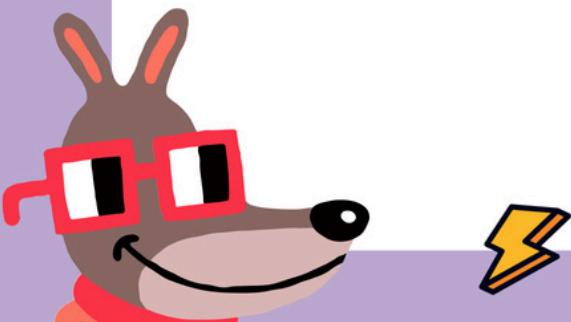
- Replace running with rolling, or completing arm movements at each stop.
- Use beanbags or lightweight balls that are easier to grip or rest on laps.
- Allow balancing challenges to focus on upper-body poses (e.g., arm stretches, clapping patterns).
- Ensure adventure stations are set up with clear, wide pathways for mobility devices.

## Notes for Inclusion

- Students can choose how to complete challenges (fast/slow, big/small, solo/with a partner).
- Offer options for verbal encouragement or hand gestures for those who are less confident with movement.
- Peer helpers can join in to support and celebrate each student's effort.
- Emphasise that effort, teamwork, and creativity matter more than performance.

## Variations

- **Children's Edition:** Use simple animal actions for each stop (e.g., "kick like a kangaroo," "bounce like a bunny").
- **Fitness Edition:** Increase repetitions (e.g., 10 ball bounces, five passes) for extra physical activity.
- **Teamwork Edition:** Pair students so each challenge is completed together (e.g., passing, balancing side by side, mirror movements).



# SPORTS VISUAL CARDS

PRINT AND CUT OUT THE SPORTS VISUAL CARDS, THEN SHUFFLE THEM INTO A STACK. INTRODUCE THE IDEA OF A "SPORTS ADVENTURE" WHERE EACH CARD REVEALS THE NEXT CHALLENGE.

the spirit of  
**PLAY**



BOBSLED

the spirit of  
**PLAY**



SPEED SKATING

the spirit of  
**PLAY**



MOUNTAIN CLIMBING

the spirit of  
**PLAY**



CYCLING



# SPORTS VISUAL CARDS

the search is  
**PLAY**



SURFING

the search is  
**PLAY**



LONG JUMP

the search is  
**PLAY**

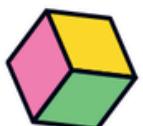


BOAT RACE

the search is  
**PLAY**



SKIING



# SPORTS VISUAL CARDS

the search is  
**PLAY**



RACING

the search is  
**PLAY**



MARATHON

the search is  
**PLAY**



ARM WRESTLING

the search is  
**PLAY**



GYMNASICS



# SPORTS VISUAL CARDS

the SCENE of  
**PLAY**



BOXING

the SCENE of  
**PLAY**



SPRINT

