

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.

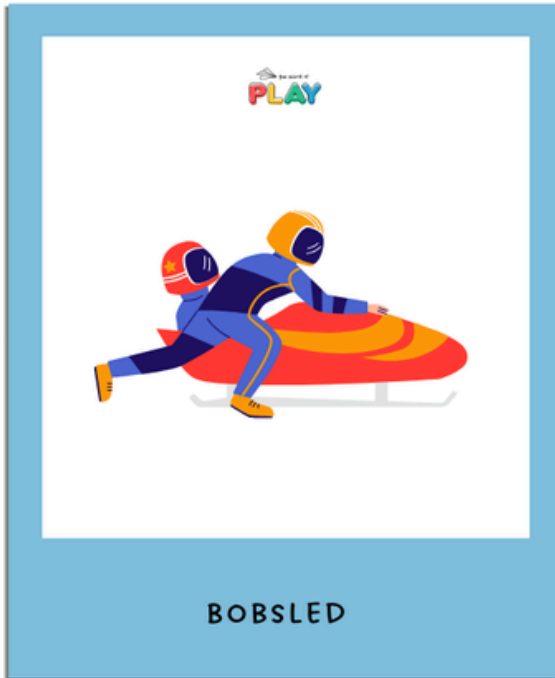
Variations

- **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).

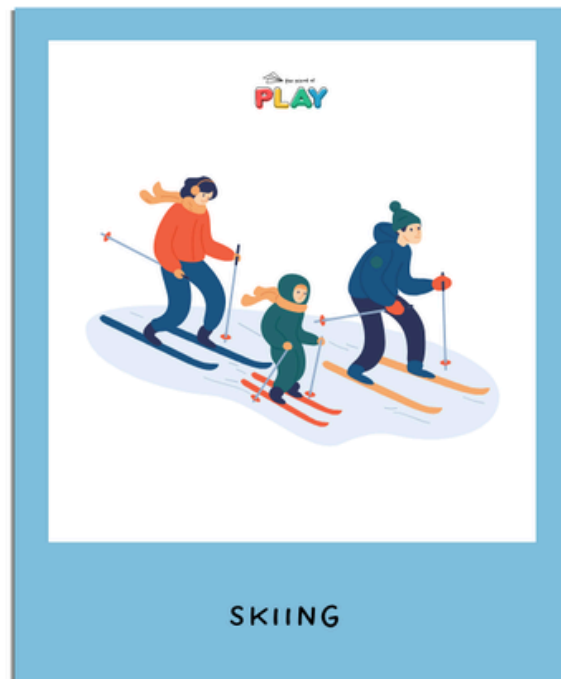
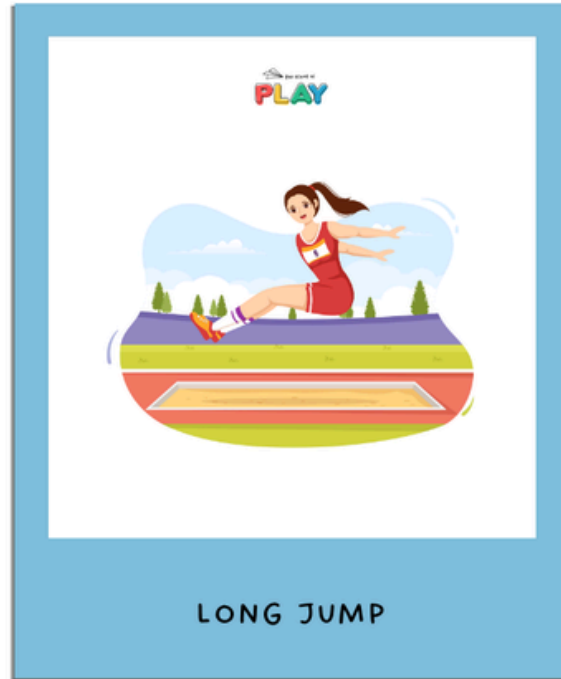


SPORTS VISUAL CARDS

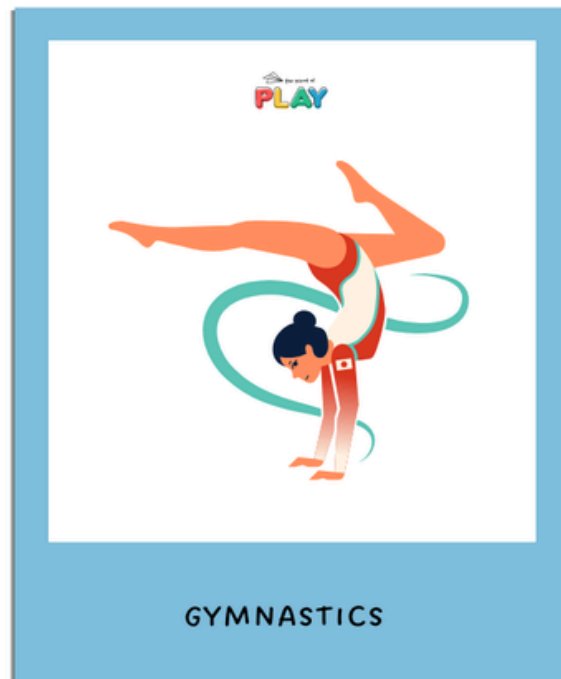
PRINT AND CUT OUT THE SPORTS VISUAL CARDS, THEN SHUFFLE THEM INTO A STACK. INTRODUCE THE IDEA OF A "SPORTS ADVENTURE" WHERE EACH CARD REVEALS THE NEXT CHALLENGE.



SPORTS VISUAL CARDS



SPORTS VISUAL CARDS



SPORTS VISUAL CARDS

