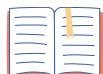


Sports Adventure Story - Levels C & D

STAY ACTIVE

To provide a fun, story-driven physical activity where students engage in movements tied to an exciting sports adventure. This activity encourages fitness, coordination, and imagination, all while having fun.



Learning Intentions

I can follow instructions and perform physical movements in response to a story.

Students will listen to a thrilling sports adventure and complete physical activities that match each part of the journey.

I can use my imagination to become a sports hero.

Students will use their creativity, pretending to be world-class athletes while performing different movements in the story.

I can improve my physical fitness through fun and engaging exercises.

Students will enhance their coordination, strength, and fitness by completing a series of exercises related to the adventure.



Success Criteria

Active Participation in Movements:

Students enthusiastically engage in each exercise as part of the adventure.

Correct Execution of Exercises:

Students perform the movements accurately as instructed in the story, showing understanding of the actions required.

Creative Imagination:

Students use their imagination to pretend to be famous athletes, embracing the story and movement while staying physically active.



Sports Adventure Story – Levels C & D

STAY ACTIVE

Duration: 15–20 minutes

Objective

To provide a fun, story-driven physical activity where students engage in movements tied to an exciting sports adventure. This activity encourages fitness, coordination, and imagination, all while having fun.

Players

- Perfect for a classroom, gym, or sports field.

What You Need

- No special materials are required, just open space for students to move around.
- Access to the attached video (if available) so students can follow along with the movement story. A screen and audio is also required.

Setup

- Gather students in a circle or ensure enough space for safe movement.
- Introduce the story, or play the attached movement video. Explain that each part of the journey requires a specific movement or exercise.

Gameplay

1. **Bobsled with the Jamaican Team** – Hold a plank for 10-20 seconds.
2. **Speed Skating with Steven Bradbury** – Side-to-side jumps ×10.
3. **Climbing Mount Everest** – Mountain climbers for 20 seconds.
4. **Tour de France Cycling** – Bicycle crunches ×10.
5. **Big Wave Surfing with Kelly Slater** – Squat thrusters ×10.
6. **Long Jump Training in Russia** – Squat jumps ×10.
7. **Oxford-Cambridge Boat Race** – Sit-ups ×10.
8. **Downhill Skiing in the French Alps** – Lunge jumps ×10 with 3-second hold.
9. **Formula 1 at Monaco Grand Prix** – Squat hold for 30 seconds.
10. **Melbourne Marathon** – Jog in place/run on spot for 30 seconds.
11. **Arm Wrestling with John Brzenk** – Arm wrestle with a partner for 30 seconds.
12. **Gymnastics Training** – Shoulder stands/candlesticks, hold for 10 seconds.
13. **Boxing with Muhammad Ali** – 20 fast jabs.
14. **100m Sprint with Usain Bolt** – Sprint on the spot for 20 seconds.



Sports Adventure Story – Levels C & D

STAY ACTIVE

Debrief

- “What was your favourite part of the sports adventure?”
- “Which exercise felt the hardest, and which was the most fun?”
- “How did pretending to be a sports star make you feel?”
- “What did you learn about working hard, being active, and using your imagination?”

For Wheelchair Users / Accessibility

- Replace physical movements with adapted versions (e.g., arm movements for sprinting, seated core twists for cycling, shadow boxing for boxing).
- Encourage students to use upper-body actions to match each story event.
- Provide visual prompts and story cards to help with sequencing and understanding.
- Allow all students to participate at their own pace and celebrate effort over accuracy.

Notes for Inclusion

- Provide simple story prompts with matching pictures to support understanding.
- Encourage peer support and teamwork during pair or group movements.
- Celebrate creativity – there’s no “wrong way” to imagine being a sports star.
- Focus on participation and effort rather than performance.

Variations

- **Outdoor Edition:** Use large spaces for running, jumping, and cycling movements.
- **Team Edition:** Groups complete challenges together, supporting one another.
- **Family Edition:** Parents and siblings join in, making it a shared fitness adventure.



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

