

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.



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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.



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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.

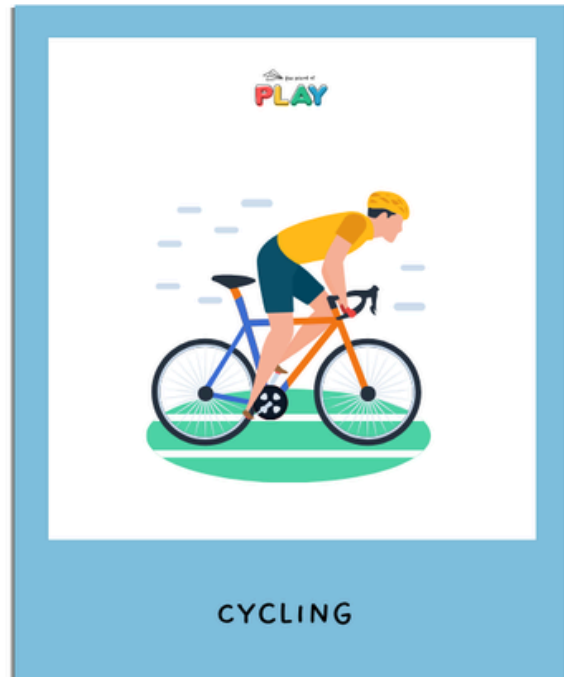
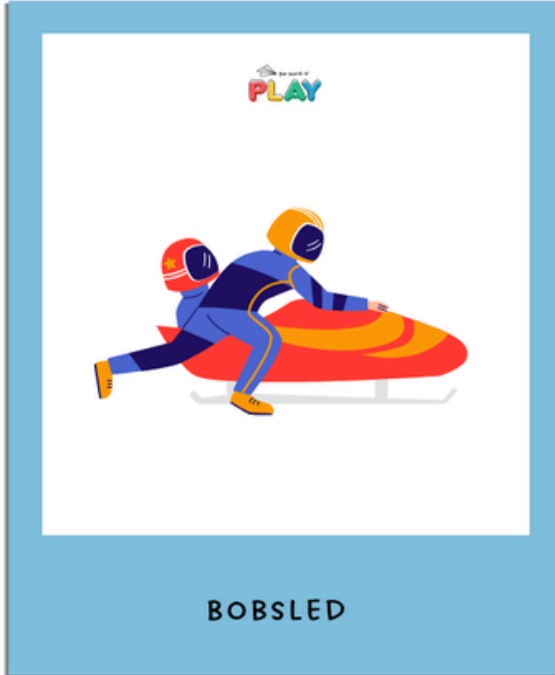
Variations

- **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.

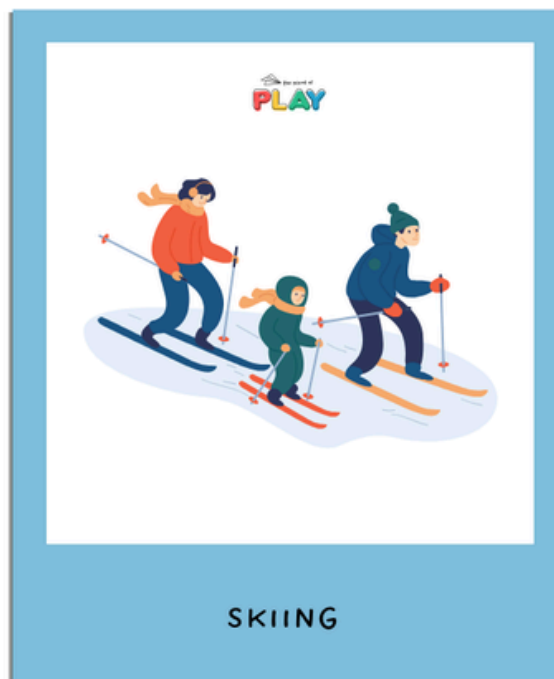
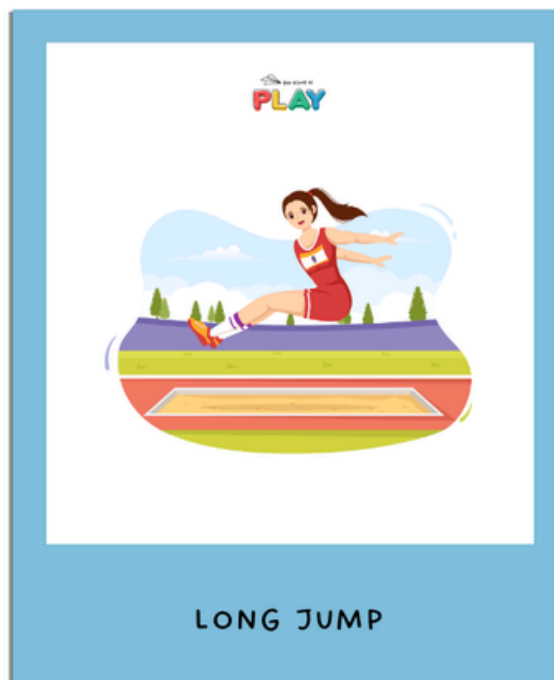


SPORTS VISUAL CARDS

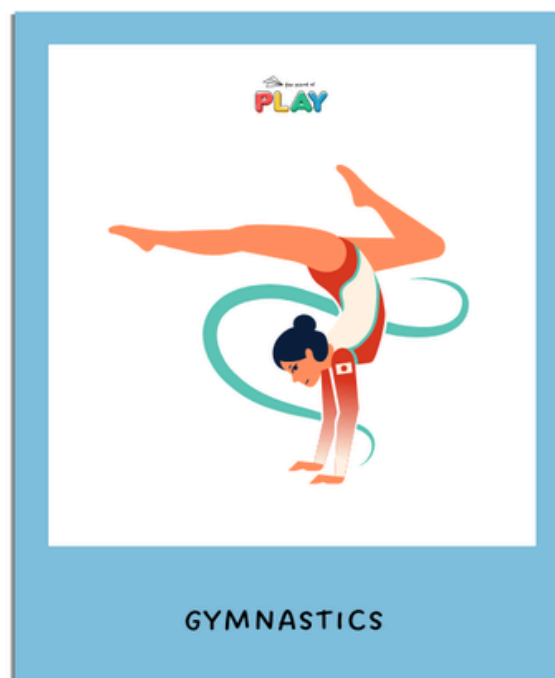
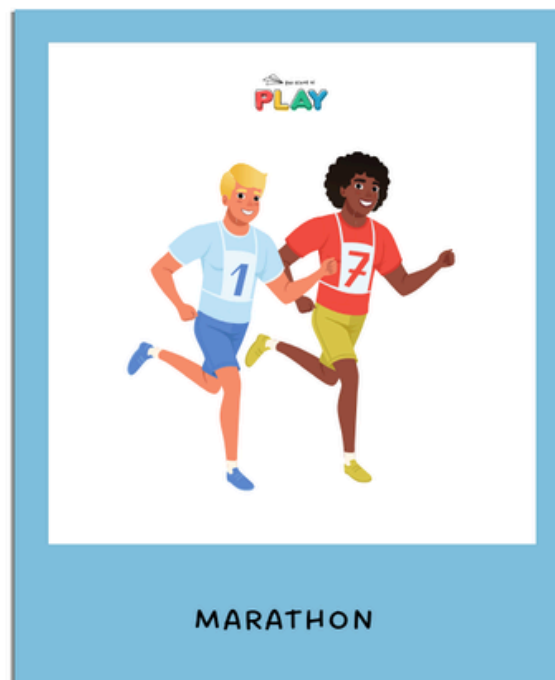
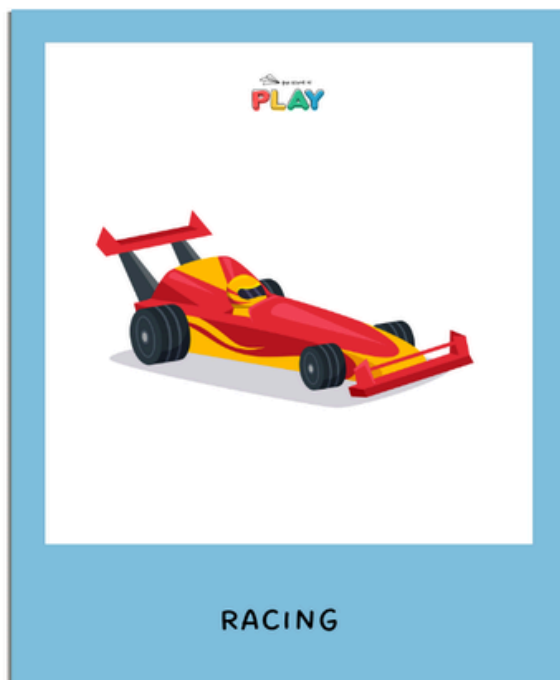
PRINT AND CUT OUT THE SPORTS VISUAL CARDS, THEN SHUFFLE THEM INTO A STACK. INTRODUCE THE IDEA OF A "SPORTS ADVENTURE" WHERE EACH CARD REVEALS THE NEXT CHALLENGE.



SPORTS VISUAL CARDS



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