

Sports Adventure Story (Levels A-B)

STAY
ACTIVE

To support early physical development, imagination, and listening by guiding students through a simple, story-based movement adventure where they pretend to be athletes performing accessible actions.



Learning Intentions

Follow Simple Actions:

Students will practise responding to clear, simple movement cues paired with a story.

Use Imagination:

Students will explore pretending to be athletes through supported role play.

Move Safely and With Joy:

Students will participate in gentle movements that build coordination, strength, and confidence.



Success Criteria

Students attempt at least one movement connected to the adventure.



Students look toward the teacher, video, or peers to follow along with support.

Students show engagement, smiling, vocalising, copying gestures, moving their body, or watching attentively.



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Duration: 15 - 20 minutes

Objective

To support early physical development, imagination, and listening by guiding students through a simple, story-based movement adventure where they pretend to be athletes performing accessible actions.

What You Need

Open space for movement

Optional visuals of each sport or character

Optional sensory-friendly props (soft ball, ribbon, scarf, beanbag)

AAC systems with symbols such as "go," "stop," "jump," "arms up," "fast," "slow," "happy"

Setup

1. Students sit or stand in front of the teacher or screen.
2. Teacher explains:
3. "We're going on a SPORTS ADVENTURE! We will move like famous athletes!"
4. Display movement visuals for each action.
5. Model each movement slowly before beginning the story.
6. Ensure AAC devices are ready with action vocabulary.

Gameplay

(Movements adapted for Levels A-B: simplified, slower, safe, and easily supported.)

1. Jamaican Bobsled Team – Slow Push

Movement:

- Push hands forward rhythmically
- Seated: push arms out, like pushing a sled

Teacher: "Push the sled! Push, push!"

2. Speed Skating – Side Steps

Movement:

- Step side-to-side or gently shift weight
- Seated: sway side-to-side

Teacher: "Slide to the side!"



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3. Climbing Mount Everest – Reach Up

Movement:

- Reach both arms up, one at a time
- Seated: big arm reaches

Teacher: "Climb! Reach! Climb!"

4. Tour de France Cycling – Leg Circles

Movement:

- Slow bicycle legs (on back or seated marching)
- Seated: circle arms like wheels

Teacher: "Pedal, pedal!"

5. Big Wave Surfing – Balance Pose

Movement:

- Stand with arms out wide
- Seated: arms wide while leaning side to side

Teacher: "Surf the wave!"

6. Long Jump Training – Little Hops

Movement:

- Small hops or tiptoe lifts
- Seated: bounce in chair or tap feet

Teacher: "Hop! Hop!"

7. Oxford–Cambridge Rowing – Rowing Arms

Movement:

- Pull arms back like rowing
- Seated: same movement

Teacher: "Row the boat!"

8. Skiing in the Alps – Wiggle Down

Movement:

- Bend knees slightly and wiggle hips
- Seated: twist body gently

Teacher: "Ski, ski, ski!"



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9. Formula 1 Racing – Steering

Movement:

- Pretend to steer a wheel
- Seated: steering motion

Teacher: "Turn the wheel! Fast!"

10. Melbourne Marathon – Jog or March

Movement:

- Slow jog, march, or knee taps
- Seated: fast arm swings

Teacher: "Run! Run! Run!"

11. Arm Wrestling – Strong Arms

Movement:

- Push palms together
- Seated: squeeze hands tightly

Teacher: "Strong muscles!"

12. Gymnastics Training – Tall Stretch

Movement:

- Big stretch up, then curl small
- Seated: same

Teacher: "Stretch... small... stretch... small!"

13. Boxing with Ali – Slow Punches

Movement:

- Gentle forward punches
- Seated: same

Teacher: "Punch, punch!"

14. Sprint with Usain Bolt – Fast Feet

Movement:

- Fast feet on the spot
- Seated: fast tapping or fast arm movements

Teacher: "Go, go, go!"



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Finish Line Celebration

Big cheer, arms up, confetti hands movements.
Teacher: "We are sports champions!"

Debrief / Reflection

Use simple visuals and short prompts:

- "Show me your favourite sport!"
- "Did you like surfing, running, or climbing?"
- "How does your body feel?" (happy, tired, excited)
- "Do you want to do more sports?" (yes/no visuals)

Any gesture, smile, look, or sound is celebrated.

Sensory-Seeking Learners Variation

1. Provide High-Input Movement

- Bigger pushes for bobsled
- Faster side-to-side for speed skating
- Deep-pressure stretches for gymnastics
- Strong rowing pulls
- Punching through resistance (e.g., soft pillow)

2. Add Rhythmic Cues

- Drumming for running
- Clap patterns for movement changes
- Countdowns: "3... 2... 1... GO!"

3. Use Props

- Scarves for surfing
- Beanbags for rowing
- Soft ball for boxing
- Ribbon for skiing swooshes

4. Sensory Regulation Breaks

Provide:

- weighted lap item
- wall push
- slow breathing
- rocking or safe movement break

Then rejoin the group.



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AAC-Specific Supports

1. Prepare Vocabulary

Include symbols for:

- go
- stop
- run
- jump
- stretch
- happy
- more
- finished
- fast / slow
- sports

2. Aided Language Input

Teacher models throughout:

“Go fast.”

“Jump.”

“I like climbing.”

“More running.”

“Finished.”

3. Action Choices

Provide two-symbol choices:

“Run or row?”

“Punch or stretch?”

“Fast or slow?”

Students respond by pointing, pressing a button, or eye gaze.

4. AAC Celebration

Model words such as:

“Happy.”

“Fun.”

“Good job.”

“More play.”

5. AAC Reflection

Students can select:

- “I liked ____.”
- “More sports.”
- “Tired.”
- “Excited.”

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