

# Off to the Big Game

# STAY ACTIVE

To provide an engaging, story-based physical activity where students follow along with a narrative while completing stretches and movements based on the story. This activity will encourage physical fitness, flexibility, and imaginative play.



## Learning Intentions

**I can follow along with instructions while performing physical movements:**

Students will follow along with the steps and movements in the adventure, enhancing their coordination and ability to listen carefully.

**I can engage in a fun activity that involves stretching and movement:**

Students will practice different stretches and movements that promote flexibility, balance, and relaxation.

**I can use my imagination while moving:**

Students will engage in creative physical movements by pretending to be in different scenarios during the game, helping them connect their bodies and minds.



## Success Criteria

**Engagement in Each Movement:**

Students actively participate in each part of the adventure, performing the stretches and movements as directed.

**Following Instructions Carefully:**

Students follow each instruction, completing each movement as described, and focusing on their bodies during each stretch.

**Use of Imagination:**

Students actively use their imagination to transform into characters, whether it's stretching like a footballer or pretending to travel by train, adding fun to the activity.

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## Objective:

To provide an engaging, story-based physical activity where students follow along with a narrative while completing stretches and movements based on the story. This activity will encourage physical fitness, flexibility, and imaginative play.

## Players:

Suitable for individual or group play, perfect for a classroom or a gym setting.

## Materials:

- No special materials needed, just space for students to move freely.

## Setup:

1. Students will listen to the instructor (or watch the attached video).
2. Ensure there is enough space for students to perform stretches and movements safely.

## Gameplay:

### 1. Pack a Bag:

2. *Scenario:* It's the school holidays, and it's time to head to a football match! But first, you need to pack your bag of food and clothes.
3. *Action:* Complete a **squatting groin stretch** to look deep in the pantry for your snacks. Hold for 20 seconds.

### 4. Car Ride to the Train Station:

5. *Scenario:* You're getting ready for the trip, but you need to get in the car first.
6. *Action:* Keep your legs still and **rotate your torso side to side** ten times, holding each side for 3 seconds. (30 seconds total)

### 7. Driving to the Game:

8. *Scenario:* You're driving to the station.
9. *Action:* Perform a **seated hamstring stretch** for 10 seconds on each side as if reaching the pedals. Hold for 20 seconds.

### 10. Train Ride:

11. *Scenario:* On the train, all the seats are taken!
12. *Action:* **Extend your arms and shoulders forward**, reaching for the pole to hold on, and keep your arms out in front for 20 seconds.

### 13. Arriving at the Game:

14. *Scenario:* You arrive at the stadium but can't see over all the tall people.
15. *Action:* Stand tall and **reach to the sky** with both arms outstretched to see over the crowd. Hold for 10 seconds.

### 16. Cramped Seats:

17. *Scenario:* The seats are uncomfortable, and you need some space!

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18. **Action:** **Lay on your back and hug your knees** to your chest for 20 seconds, making sure you're not cramped.
19. **Corporate Box Luxury:**
20. **Scenario:** An old friend invites you into the corporate box, where there's more space.
21. **Action:** **Lay on your side and complete a quadriceps stretch** for 20 seconds to make room for everyone else.
22. **Half-Time Stretch:**
23. **Scenario:** It's half-time, and the players want everyone to join them in a stretch.
24. **Action:** **Alternate side stretches**, reaching each arm overhead, for 20 seconds, like the players do on the field.
25. **Celebration Stretch:**
26. **Scenario:** Australia scores a goal in the 90th minute!
27. **Action:** **Stretch into a star shape** and reach your arms and legs out to celebrate! Hold for 10 seconds.
28. **Cool Down:**
29. **Scenario:** After all the excitement, you need to relax.
30. **Action:** **Perform a calf stretch** against the wall for 20 seconds to calm down and relax.
31. **Walking Back to the Train:**
32. **Scenario:** After the game, you walk back to the train.
33. **Action:** **Walk slowly or do high knees on the spot** for 20 seconds, as if walking 100m back to the station.
34. **End of the Day:**
35. **Scenario:** It's been a long day, and you need to wind down.
36. **Action:** **Bend down and touch your toes**, imagining you're getting ready for bed. Hold for 10 seconds.
37. **Rest Time:**
38. **Scenario:** Time to rest after such a fun and tiring day.
39. **Action:** **Lay on the floor** with arms and legs stretched out. Close your eyes and stay relaxed for 20 seconds.

## Winning the Game:

There are no winners or losers in this activity. The goal is for all students to stay engaged, have fun with the movements, and use their imagination throughout the game.



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## Variations for Different Settings:

### 1. Educational Edition:

Add educational commentary throughout the game, sharing facts about football, the stadium, or the teams, while continuing the physical movements.

### 2. Outdoor Edition:

Take the game outdoors for more space, especially when stretching and moving like athletes in the open air.

### 3. Family Edition:

Play this movement adventure as a family, where parents and students join together to perform the movements.

## Additional Notes:

**Off to the Big Game** is an active, imaginative adventure that engages students in physical movement while using a fun and creative story. The various stretches and movements help improve flexibility, coordination, and focus, while the fun narrative keeps students excited and energised. Perfect for winding down after high-energy activities or as a fun warm-up to get students moving!

