

Alice in Wonderland Movement Adventure

STAY ACTIVE

To get students moving through a fun and interactive story adventure where they act out the movements of Alice in Wonderland. This game blends storytelling with physical exercises to encourage fitness, creativity, and imagination.



Learning Intentions

I can follow instructions and perform physical movements based on a story:

Students will engage in physical activity by performing actions that align with the adventure of "Alice in Wonderland."

I can use my imagination and creativity while moving:

Students will pretend to be characters from the story, adding a creative and imaginative element to their physical activities.

I can participate in physical fitness through fun and engaging movements:

Students will complete various fitness challenges that improve their strength, coordination, and flexibility while enjoying the storytelling experience.



Success Criteria

Engagement in Physical Movements:

Students actively participate in each movement, following the story and completing all actions with enthusiasm.

Following Instructions:

Students demonstrate their understanding of the instructions by performing each movement correctly, as described in the adventure.

Creativity and Imagination:

Students use their imagination to immerse themselves in the story, pretending to be Alice and other characters as they perform the movements.



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Objective:

To get students moving through a fun and interactive story adventure where they act out the movements of **Alice in Wonderland**. This game blends storytelling with physical exercises to encourage fitness, creativity, and imagination.

Players:

Perfect for small groups, classrooms, or activity sessions.

Materials:

- No unique materials are needed, just enough space to move around and access to share the attached video with students to follow along.

Setup:

1. Students should have enough space to move around and perform different physical movements.
2. Begin the adventure by gathering the students together and explaining that they will become **Alice in Wonderland**, completing movements that match each part of the story.

Gameplay:

Chasing the White Rabbit: Scenario: "It is a lovely sunny afternoon, and you are sitting on the riverbank reading a book with your sister when suddenly..."

- Action: Complete **20 bunny hops** to chase the white rabbit.

The White Rabbit Checks the Time: Scenario: "The white rabbit says, 'Oh dear, oh dear, I shall be late!' as it checks its ticking clock."

- Action: Complete **clockwork plank** for 3 rotations.

Falling Down the Rabbit Hole: Scenario: "You follow the rabbit down a small hole and fall down a tunnel. There seems to be no way out except for a tiny rat hole in the corner of the room."

- Action: **Squat down** into a tiny ball 20 times to shrink like Alice.

The Caterpillar on the Mushroom: Scenario: "In the little garden, there is a caterpillar sitting on a mushroom. He tells you to eat it to change your size."

Action: Complete **20 caterpillar push-ups** to grow or shrink.



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Changing Size with the Mushroom: Scenario: "You eat more of the mushroom to grow or shrink and change size. It's tricky to get it just right."

- Action: Complete **20 squat jumps** to adjust your size.

Meeting the Cheshire Cat: Scenario: "At the house, you meet the Cheshire Cat, who's grinning in the corner."

- Action: Complete and hold a **cat plank**, like the Cheshire Cat.

Ducking from the Duchess: Scenario: "The Duchess is very angry and says, 'Off with her head!'"

- Action: Complete **20 alternate lunges** to avoid the beheading.

The Mad Hatter's Tea Party: Scenario: "You attend the Mad Hatter's tea party. Time to pour tea without spilling it!"

- Action: Complete **20 glute raises** to strengthen your core.

Running from the Mad Hatter: Scenario: "The Mad Hatter runs off, and it's time for you to follow!"

- Action: Complete **40 mountain climbers** to chase after him.

Playing Croquet with Flamingos: Scenario: "You play croquet with the Queen, using live flamingos as mallets."

- Action: Complete **20 flamingo squats** (10 per leg).

The Mock Turtle and Gryphon: Scenario: "You meet the Mock Turtle and Gryphon for some singing and storytelling."

- Action: Complete **20 alternate lunge jumps** to join the fun.

Sitting on the Throne: Scenario: "You enter the courtroom and sit on the throne next to the King and Queen of Hearts."

- Action: Complete a **squat hold** to emulate sitting on the throne.

The Knave of Hearts Stealing Tarts: Scenario: "The Knave of Hearts is accused of stealing tarts!"

- Action: Complete **10 burpees** as punishment.



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Growing Taller in the Courtroom: Scenario: "The mushroom you ate wears off, and you start growing larger in the courtroom."

- Action: Complete **10 max vertical jumps** to grow like Alice.

Fighting Off the Pack of Cards: Scenario: "The whole pack of cards comes flying at you, and you scream in fright!"

- Action: Complete **20 v-sits** to get yourself up off the ground.

Returning to the Riverbank: Scenario: "You wake up on the riverbank where your sister is gently brushing leaves. What a curious dream you had!"

- Action: Complete **20 V-sits** to get up and walk home.

Winning the Game:

This movement adventure focuses on active participation and creativity rather than competition. The goal is for students to complete the adventure and enjoy the fitness challenges while engaging in the fun, imaginative story of **Alice in Wonderland**.

Variations for Different Settings:

1. Outdoor Edition:

Take the game outside for more space to complete movements like lunges and jumps.

2. Family Edition:

Families can join in and enjoy the adventure together, making it a fun family activity.

3. Group Challenge:

For larger groups, have multiple groups perform the adventure together, encouraging collaboration and cheering each other on.

Additional Notes:

Alice in Wonderland Movement Adventure combines imagination with fitness, helping students stay active while engaging in a fantastical journey. The game is perfect for warming up or cooling down, promoting fun physical activity, and supporting creative thinking!

