

Sports Adventure Story

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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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.

Materials:

- No special materials are needed, just space for students to move around. As well as access so the students can watch the attached video and follow along the movement story.

Setup:

1. Have students gather in a circle or in enough space for movement.
2. Begin the adventure by introducing the story and explaining that each part of the journey will require a specific movement.

Gameplay:

1. **Bobsled with the Jamaican Team:**
2. Scenario: "Your first stop is to train with the Jamaican bobsled team at the 1988 Winter Olympics. They ask you to train before their qualifying run."
◦ Action: Hold a plank like you're in a bobsled.(Hold for 20 seconds)
3. **Speed Skating with Steven Bradbury:**
4. Scenario: "Next stop is the Winter Olympics at Salt Lake City, where Steven Bradbury wins gold in speed skating."
◦ Action: Side-to-side bounding like you're winning the gold medal.(Perform 10 side-to-side jumps)
5. **Climbing Mount Everest:**
6. Scenario: "You're at Mount Everest Base Camp, getting ready to climb the highest mountain in the world."
◦ Action: Mountain climbers to reach the summit.(Perform for 20 seconds)
7. **Tour de France Cycling:**
8. Scenario: "Now it's time for the Tour de France in the French Alps. You need to ride fast to keep up with the race leaders!"
◦ Action: Bicycle crunches to keep up with the leaders.(Perform 10 bicycle crunches)



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9. Big Wave Surfing with Kelly Slater:

10. Scenario: "Kelly Slater invites you to surf the huge waves at Mavericks in California. Get ready to ride those waves!"

- **Action:** **Squat thrusters** with a surfboard side footed landing.(Perform 10 squat thrusters)

11. Long Jump Training in Russia:

12. Scenario: "You're training with Galina Chistyakova for the long jump in Russia."

- **Action:** **Squat jumps** like you're jumping for the long jump.(Perform 10 squat jumps)

13. Oxford-Cambridge Boat Race:

14. Scenario: "You're in London, rowing for Oxford in the famous Thames River Boat Race."

- **Action:** **Sit-ups** like you're rowing down the river.(Perform 10 sit-ups)

15. Downhill Skiing in the French Alps:

16. Scenario: "Time for some downhill skiing in the French Alps!"

- **Action:** **Lunge jumps** with a 3-second hold at the bottom.(Perform 10 lunge jumps with a 3-second hold)

17. Formula 1 at the Monaco Grand Prix:

18. Scenario: "You're racing in the Monaco Grand Prix, driving a Formula 1 car for Red Bull!"

- **Action:** **Squat hold** like you're sitting in the car and racing.(Hold for 30 seconds)

19. Melbourne Marathon:

20. Scenario: "Now it's time for the Melbourne Marathon. It's 42.195 kilometres long, but you're determined to run it!"

- **Action:** **Jog in place** or run 50 meters.(Run or jog for 30 seconds)

22. Arm Wrestling with John Brzenk:

23. Scenario: "Now you're in North America, arm wrestling with John Brzenk, the Golden Boy of arm wrestling."

- **Action:** **Find a partner and perform arm wrestling** to see if you can win.(Arm wrestle with a friend for 30 seconds)

24. Gymnastics Training:

25. Scenario: "You're at the gymnastics center, training with a group of athletes."

- **Action:** **Perform shoulder stands** or **candlesticks** with good form.(Hold for 10 seconds each)

25. Boxing with Muhammad Ali:

26. Scenario: "Time for the 'Rumble in the Jungle,' where Muhammad Ali fought George Foreman. Now you get to box like Ali."

- **Action:** **Fast jabs** like you're Muhammad Ali.(Perform 20 fast jabs)



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27. 100m Sprint with Usain Bolt:

28. Scenario: "Finally, it's time to sprint with Usain Bolt. Let's finish strong in the 100m race."

- Action: Sprint on the spot or do high knees. (Sprint for 20 seconds)

Winning the Game:

There are no winners or losers; the goal is to have fun, stay active, and enjoy the adventure as you travel through the world of sports!

Variations for Different Settings:

1. Outdoor Edition:

Take the adventure outside for more space and room to perform larger movements like running or biking.

2. Team Edition:

Students can work in teams to complete each movement, promoting collaboration and teamwork.

3. Family Edition:

Family members can participate together, enjoying the fun and fitness challenges while learning about different sports.

Additional Notes:

The **Sports Adventure Story** offers an exciting and active way for students to engage in various fitness challenges while immersing themselves in the adventure of meeting sporting legends and participating in iconic events. Perfect for a fun and interactive warm-up or end-of-session activity!

