

African Safari

STAY ACTIVE

To engage students in a fun and interactive physical adventure where they perform exercises based on a safari story. This game encourages creativity, physical fitness, and following instructions in an enjoyable way.



Learning Intentions

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

Students will follow along with the safari story and complete movements that simulate different actions during the adventure.

I can use my imagination to become part of the safari adventure:

Students will engage their creativity by pretending to be various animals, explorers, and participants on a safari trip.

I can improve my fitness through fun and interactive movements:

Students will perform various exercises like squats, lunges, and jumps while being active and having fun with the safari story.



Success Criteria

Active Participation in Movements:

Students will fully participate in each exercise, following the safari story and completing the actions with enthusiasm

Creativity and Imagination:

Students will use their imagination to pretend they are part of the adventure, becoming animals or explorers as they perform the movements.

Correct Execution of Exercises:

Students will perform the physical movements accurately, following the safari instructions to enhance their coordination and fitness.

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Objective:

To engage students in a fun and interactive physical adventure where they perform exercises based on a safari story. This game encourages creativity, physical fitness, and following instructions in an enjoyable way.

Players:

Perfect for small groups, classrooms, or activity sessions.

Materials:

- No special materials needed, just enough space for students to move around. Students will also have access to watch the attached video and follow along the movement adventure.

Setup:

- Students should have enough space to move around freely.
- Begin the adventure by explaining that students are going on an African Safari, completing physical challenges as part of the adventure.

Gameplay:

- Getting on the Bus:**
- Scenario:** "Everyone has checked in and it's time to jump on the bus for your African Safari. Let's get everyone seated and ready for the adventure ahead!"
 - Action:** Complete **20 chair squats** to get everyone seated on the bus.
- Bumpy Road Ahead:**
- Scenario:** "We're leaving the main road and heading onto a dirt track. It's bumpy and you're going to be bounced around!"
 - Action:** Perform **squat jumps** to ride out the bumps.
- Meerkats Looking for Beetles:**
- Scenario:** "Look to your left, a group of meerkats is looking for beetles to eat. Let's get off the bus for a closer look!"
 - Action:** Perform **beetle crawls** on the floor to get closer to the meerkats.
- Something Rustling in the Bushes:**
- Scenario:** "The meerkats scatter, and we need to get back to the bus as quickly as possible!"
 - Action:** Run **100 meters** (or jog in place for the younger ones) to get back to the bus.
- Flamingos Standing on One Leg:**
- Scenario:** "Ahead, you see a flamboyance of flamingos standing on one leg. Can you do the same?"
 - Action:** Perform **one-legged squats** (switch legs after 5 reps).

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11. A Leopard on the Hunt:

12. *Scenario:* "A leopard is moving silently, searching for food. It's time to mimic its stealth!"

- **Action:** Perform a **leopard crawl** to move like the leopard.

13. The Poacher Threat:

14. *Scenario:* "A poacher is hunting the leopard! We need to act fast and stop him!"

- **Action:** Run **100 meters** and then do **fast jabs** to scare off the poacher.

15. Lions Approaching:

16. *Scenario:* "Uh-oh, it's a pride of lions! We need to hide and stay silent!"

- **Action:** Perform a **deep squat hold** and stay as still as possible for 10 seconds.

17. On the Lookout for Danger:

18. *Scenario:* "The lions have moved on, but we're still on high alert! Let's walk cautiously back to the bus."

- **Action:** Perform **50 meters of side lunges**, alternating sides as you keep an eye out for danger.

19. Rhino Stampede:

20. *Scenario:* "Oh no, it's a charging herd of rhinos! We need to get under the bus for safety!"

- **Action:** Perform a **20-meter army crawl** to avoid the rhinos.

21. The Bus is Safe, Phew!:

22. *Scenario:* "The rhinos can't move the bus, and we're safe again! But everyone is a little jittery, let's calm down before heading home."

- **Action:** Perform **push-ups** to release some energy.

23. Giraffe Sighting:

24. *Scenario:* "We're heading back to town, and you spot a giraffe eating leaves in the distance. Let's see if you can stretch that tall!"

- **Action:** Perform **vertical jumps** to try and see over the other passengers.

25. The Final Stretch—Climbing Stairs:

26. *Scenario:* "We've arrived back in town, but there's a bar at the top of 3 flights of stairs. Let's climb those stairs to celebrate!"

- **Action:** Perform **step-ups** to simulate climbing stairs.

27. Well-Earned Rest:

28. *Scenario:* "You've completed the safari and survived the adventure. Time to relax and enjoy your well-earned drink."

- **Action:** Perform **deep breathing** and stretch to calm down.

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Winning the Game:

This adventure focuses on fun and fitness rather than competition. The goal is for students to complete all the activities, stay active, and enjoy the experience while learning about the animals and terrain in the African safari.

Variations for Different Settings:

1. Outdoor Edition:

Take the adventure outside for more space to perform larger movements like running or crawling.

2. Team Edition:

For larger groups, students can work in teams to complete the movements and encourage each other along the way.

3. Family Edition:

Family members can join the safari together, making it a great family fitness activity.

Additional Notes:

The **African Safari Movement Adventure** provides a fantastic way for students to engage in fitness activities while imagining themselves on an exciting safari. By combining story elements with movement, it enhances creativity, physical activity, and teamwork in a fun and safe environment! Perfect for warm-ups or an exciting end-of-session activity.

