

Old MacDonald Had a Fitness Farm

STAY ACTIVE

To engage students in a fun, story-based activity that combines movement and imagination. Students will follow the story of "Old MacDonald Had a Fitness Farm" while participating in various exercises related to the narrative. Follow along with the attached video and have some fun while moving your body.



Learning Intentions

I can follow along with a story while participating in physical movement:

Students will practice listening skills and improve coordination by moving along with the story's narrative.



I can participate in fun physical activities that are part of a story:

This game encourages students to engage with physical exercises through storytelling, making exercise enjoyable and memorable.

I can use my imagination while staying active:

The game helps students use their creativity and imagination as they act out the different parts of the story while staying active.



Success Criteria

Active Participation in Movements:

Students engage in the physical exercises while following the story, showing enthusiasm and effort in completing each movement.

Following the Story and Movements:

Students actively listen to the story and perform the corresponding exercises at the right moments, staying in sync with the narrative.

Engagement and Imagination:

Students show excitement and creativity as they use their imagination to act out parts of the story, such as "running like a horse" or "flapping like a bird."



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Objective:

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Players:

Suitable for small to large groups of students, perfect for classrooms, group activities, or family gatherings.

Materials:

- A printed script of "Old MacDonald Had A Fitness Farm" or a video narration of the story (video link is found in the PDF resource and below).
- An open space for students to move around.

Setup:

1. Either read the printed script aloud or play the video of the story for the group to follow.
2. Ensure there is enough space for students to move freely while performing the exercises.
3. Prepare to engage the students in the story while leading them through the exercises.

Gameplay:

Start the Story:

Begin reading or playing the video, and as each part of the story unfolds, call out the exercise that corresponds to the animals and actions in the story.

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Story and Exercises:

As the story progresses, students perform the exercise movements that are tied to the animals and events in the story. For example:

- **Old MacDonald had a farm (Jumping Jacks):** Begin with a warm-up like jumping jacks as you introduce the farm.
- **E-I-E-I-O (Twisting side to side):** Have students twist their bodies side to side as they sing or say "E-I-E-I-O."
- **And on that farm he had a cow (Squats):** Do squats as you pretend to moo like a cow.
- **He had a horse (Galloping around the room):** Gallop in place or around the room like a horse.
- **He had a pig (Knee lifts with arms waving):** Lift knees high as students imagine being a pig.
- **He had a duck (Flapping arms like wings):** Flap arms like a duck flying.

Encourage Imagination:

Throughout the game, encourage students to use their imagination, adding their own creative spins on the animals and movements (like making animal sounds or pretending to be different farm animals).

Complete the Story:

Finish the story and exercises, having students cool down with a fun stretch, imagining they are resting on the farm after a long day of playing.

Winning the Game:

There are no winners or losers. The objective is for everyone to participate, stay active, and have fun while using their imagination.

Variations for Different Settings:

Modified Edition:

Adapt the story to include additional educational elements, such as learning the names of different animals or counting the animals on the farm as they perform the movements.



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Family Edition:

Play this game as a family activity, where parents and students participate together, making it a fun bonding experience for everyone.

Outdoor Edition:

Take the activity outside for more space, allowing students to run, jump, and perform the movements in a larger, open area.

Additional Notes:

Old MacDonald Had a Fitness Farm is an exciting way to combine physical activity with storytelling. The game makes exercise fun and interactive for younger students, encouraging them to move and stay engaged with the story. This game can be adapted to different group sizes and settings, whether in the classroom, outdoors, or at home with family. It's perfect for promoting physical activity while also encouraging imagination and creativity.