

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:

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.

Action: Complete a **squatting groin stretch** to look deep in the pantry for your snacks. Hold for 20 seconds.

2. Car Ride to the Train Station:

Scenario: You're getting ready for the trip, but you need to get in the car first.

Action: Keep your legs still and **rotate your torso side to side** ten times, holding each side for 3 seconds. (30 seconds total)

3. Driving to the Game:

Scenario: You're driving to the station.

Action: Perform a **seated hamstring stretch** for 10 seconds on each side as if reaching the pedals. Hold for 20 seconds.

4. Train Ride:

Scenario: On the train, all the seats are taken!

Action: **Extend your arms and shoulders forward**, reaching for the pole to hold on, and keep your arms out in front for 20 seconds.

5. Arriving at the Game:

Scenario: You arrive at the stadium but can't see over all the tall people.

Action: Stand tall and **reach to the sky** with both arms outstretched to see over the crowd. Hold for 10 seconds.



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6. Cramped Seats:

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

Action: **Lay on your back and hug your knees** to your chest for 20 seconds, making sure you're not cramped.

7. Corporate Box Luxury:

Scenario: An old friend invites you into the corporate box, where there's more space.

Action: **Lay on your side and complete a quadriceps stretch** for 20 seconds to make room for everyone else.

8. Half-Time Stretch:

Scenario: It's half-time, and the players want everyone to join them in a stretch.

Action: **Alternate side stretches**, reaching each arm overhead, for 20 seconds, like the players do on the field.

9. Celebration Stretch:

Scenario: Australia scores a goal in the 90th minute!

Action: **Stretch into a star shape** and reach your arms and legs out to celebrate! Hold for 10 seconds.

10. Cool Down:

Scenario: After all the excitement, you need to relax.

Action: **Perform a calf stretch** against the wall for 20 seconds to calm down and relax.

11. Walking Back to the Train:

Scenario: After the game, you walk back to the train.

Action: **Walk slowly or do high knees on the spot** for 20 seconds, as if walking 100m back to the station.

12. End of the Day:

Scenario: It's been a long day, and you need to wind down.

Action: **Bend down and touch your toes**, imagining you're getting ready for bed. Hold for 10 seconds.

13. Rest Time:

Scenario: Time to rest after such a fun and tiring day.

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!

