

The Amazing Bank Robbery

STAY ACTIVE

To take students on an exciting, action-packed adventure through a series of physical challenges as they "escape" from a bank heist. The game encourages physical activity, creativity, and fun while acting out the adventure.



Learning Intentions

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

Students will actively engage with the story and follow instructions to perform specific movements like squats, jumps, and sprints.

I can use my imagination to become part of the story:

Students will pretend to be characters in a bank robbery adventure, adding a creative element to the physical activities.

I can stay active and have fun while completing physical challenges:

Students will complete a variety of physical exercises that enhance their coordination, fitness, and overall well-being.



Success Criteria

Active Participation in Movements:

Students participate enthusiastically in each exercise, completing the actions as instructed in the story.

Imagination and Creativity:

Students engage their imagination, pretending to be robbers and heroes while performing each movement in the story.

Completion of Physical Tasks:

Students successfully complete all exercises related to the adventure, demonstrating their ability to follow the story and engage in fitness activities.



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Objective:

To take students on an exciting, action-packed adventure through a series of physical challenges as they "escape" from a bank heist. The game encourages physical activity, creativity, and fun while acting out the adventure.

Players:

Ideal for small groups or larger classrooms, suitable for one or more students.

Materials:

No special materials are required; students just need space to move around and perform exercises and access to watch the attached video.

Setup:

1. Arrange the students in an open space where they can move around freely.
2. Explain the adventure to the students, guiding them through the movements as they follow the story.

Gameplay:

1. Running From the Bank (Jogging with High Knees):

Scenario: "You're dressed in black with a balaclava, and you've just grabbed the diamonds. The police and security guards are chasing you! Time to run fast!"

- **Action:** Perform **high knee jogging** on the spot (or run around the space). (Perform for 30 seconds)

2. Squat Hold Behind the Wall:

Scenario: "You quickly turn a corner to hide behind a wall. Let's see if the coast is clear. Stay hidden!"

- **Action:** **Squat hold** and peek up every 3 seconds by doing a **squat jump**. (Hold for 20 seconds, jumping every 3 seconds)

3. Moving Quietly (Walking Lunges):

Scenario: "The coast is clear, but you need to move low and quiet to avoid being seen."

- **Action:** Perform **walking lunges** slowly and quietly. (10 lunges total)

4. Jumping Over Laser Beams:

Scenario: "You've encountered laser beams on the floor. You need to jump over them quickly!"

- **Action:** Perform **lunge jumps** quickly to dodge the beams. (Perform 10 lunge jumps)

5. Plank Hold to Avoid Police Spotlights:

Scenario: "The police have their high beams on, and you need to stay still to avoid being spotted."

- **Action:** **Plank hold** to stay still. (Hold for 30 seconds)

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6. Fast Mountain Climbers to Escape the Torches:

Scenario: "You've got to move fast as the police spot you. Get low and quickly move to escape!"

- **Action:** Perform **fast mountain climbers**. (Perform for 20 seconds)

7. Jumping Off the Cliff into Freezing Water (Squat Thrusters):

Scenario: "You've reached the edge of the cliff! Time to jump into the freezing water below."

- **Action:** Perform **squat thrusters** to simulate diving into the water. (Perform for 30 seconds)

8. Swimming Freestyle (Reverse Sit-ups):

Scenario: "You're swimming fast to escape, trying to avoid hypothermia in the freezing water!"

- **Action:** Perform **reverse sit-ups** like you're swimming fast. (Perform for 20 seconds)

9. Backstroke Swim to Escape (Sit-ups):

Scenario: "You're starting to fatigue in the water, but you need to switch to backstroke to get to shore."

- **Action:** Perform **sit-ups** like you're swimming the backstroke. (Perform 10 sit-ups)

10. Running to the Beach (Heel Flicks):

Scenario: "You reach the shore and run toward the beach, feeling the sand beneath your feet."

- **Action:** Perform **heel flicks** while jogging in place. (Perform for 30 seconds)

11. Fighting the Police (Fast Jabs):

Scenario: "The police are coming for you. You need to fight your way out!"

- **Action:** Perform **fast jabs**. (Perform 20 fast jabs)

12. Jump Starting the Car (Burpees or Squat Thrusters):

Scenario: "You've reached your car, but the battery is flat! Jump-start the engine with burpees."

- **Action:** Perform **burpees** or **squat thrusters**. (Perform for 1 minute)

13. Escaping to Safety:

Scenario: "The car starts, and you speed off into the night. You're free, and the diamonds are yours!"

- **Action:** Complete a **cool-down stretch** to relax after the adventure. (Hold stretches for 20 seconds each)

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Winning the Game:

There are no specific winners or losers in this adventure, as the focus is on completing all the physical challenges while having fun. The goal is to engage in the adventure, stay active, and enjoy the movement exercises.

Variations for Different Settings:

1. Outdoor Edition:

Take the game outside for more space to run and perform exercises like squats or sprints.

2. Team Edition:

Divide students into teams and have them work together to complete each part of the adventure.

3. Family Edition:

Family members can participate together, with everyone acting out the adventure and getting active.

Additional Notes:

The **Amazing Bank Robbery Movement Adventure** is a fun, creative way to combine storytelling with fitness. It engages students' imagination while getting them active and fit. Perfect for a warm-up or end-of-session activity, this adventure will keep everyone engaged and moving!

