

Nursery Rhyme Mash-Up

STAY ACTIVE

To engage students in an interactive physical activity where they follow along with a nursery rhyme story while completing a series of fun fitness challenges. This activity combines storytelling with movement, encouraging creativity and physical fitness.



Learning Intentions

I can follow along with an imaginative story while performing physical movements:

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 a character from the story:

Students will immerse themselves in the world of nursery rhymes, pretending to be various characters while performing movements like running, jumping, and crawling.

I can stay active and improve my coordination and fitness:

Students will complete different exercises that help them develop coordination, balance, and strength, all while having fun and being creative.



Success Criteria

Active Participation in Movements:

Students actively participate in the adventure, completing each movement with enthusiasm and effort.

Imagination and Creativity:

Students use their creativity to fully engage with the story, pretending to be characters and performing movements with energy and excitement.

Correct Execution of Movements:

Students perform the exercises accurately as instructed, following the physical challenges in sync with the story.



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Objective:

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Players:

Ideal for small groups, classrooms, or activity sessions.

Materials:

Space for students to move around safely and access to watch the attached movement adventure story.

Setup:

1. Have the students stand in an open space where they can move around freely.
2. Read aloud the nursery rhyme story, guiding students to perform the corresponding movements as the story progresses.

Gameplay:

1. Goldilocks and the Three Bears:

Scenario: "You sneak into the Three Bears' house, eat their porridge, and sleep in their bed. Oops, the bears are home! Run away!"

- **Action:** 200-meter sprint to escape the bears.

2. Reaching for the Twinkling Star:

Scenario: "You see a twinkling star in the sky and want to catch it."

- **Action:** Jump squats to try and reach the star.

3. Climbing the Water Spout:

Scenario: "You're crawling up the spout like Incy Wincy Spider."

- **Action:** 20-meter bear crawl.

4. Humpty Dumpty's Fall:

Scenario: "Humpty Dumpty falls off the wall. You need to help put him back together."

- **Action:** Squat thrusters to put Humpty Dumpty back together.

5. Jack Be Nimble:

Scenario: "Jack jumped over the candlestick. Now, it's your turn!"

- **Action:** Jump lunges to be nimble like Jack.

6. Row, Row, Row Your Boat:

Scenario: "Now you're in a boat. Let's row down the stream!"

- **Action:** Seated rows (or bench dips).



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7. Picnic Time on the Tuffet:

Scenario: "You stop at a picnic and sit on a tuffet to eat curds and whey."

- Action: **Squat hold** while eating your snack.

8. The Five Little Piggies:

Scenario: "The five little piggies are here. Let's do what they do!"

- Action:

- 1st piggy: **10 push-ups**
- 2nd piggy: **10 star jumps**
- 3rd piggy: **10 plank jacks**
- 4th piggy: **10 sumo squats**
- 5th piggy: **100-meter sprint.**

9. Five Little Monkeys Jumping on the Bed:

Scenario: "There are five little monkeys jumping on the bed. Let's join in!"

- Action: **Tuck jumps** with the monkeys.

10. Gingerbread House with the Wicked Witch:

Scenario: "Oh no, you find a gingerbread house, and the wicked witch is inside! Let's defend ourselves!"

- Action: **Fast jabs** to scare off the witch.

11. The Frog Prince:

Scenario: "The wicked witch has turned you into a frog. You need to jump to find your prince or princess!"

- Action: **Frog jumps** to search for the princess.

12. Finding the Glass Slipper:

Scenario: "You've found the glass slipper! Time to try it on."

- Action: **Superman holds** to try and fit the slipper.

13. Fetching Water from the Well:

Scenario: "You and your princess go up the hill to fetch water from the well."

- Action: **Mountain climbers** to reach the top.

14. The Crown (Sit-ups):

Scenario: "You've reached the top. Now let's do some sit-ups to strengthen your core so you don't fall down and break your crown."

- Action: **Sit-ups.**

15. Calling the Ducks:

Scenario: "The five little ducks have gone far away. Let's call them back!"

- Action: **Burpees** with a big jump to call the ducks.

16. Jumping on the Bus:

Scenario: "It's time to get back on the bus. Complete squats as the bus bumps along."

- Action: **Squats** while bouncing on the bus.



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17. Checking for the Big Bad Wolf:

Scenario: "You get back home, but you need to check if the Big Bad Wolf is hiding."

- Action: Plank to stay low and check for the wolf.

18. Going to Sleep:

Scenario: "Time to go to bed after a long day. Let's get ready to sleep!"

- Action: Stretch to relax before sleep.

Winning the Game:

This adventure focuses on participation and fun rather than competition. Students are encouraged to stay active and enjoy the journey through the nursery rhyme world.

Variations for Different Settings:

1. Outdoor Edition:

Take the game outside for more space to run, jump, and complete larger movements.

2. Family Edition:

Family members can join in on the adventure, completing the exercises together for a fun family activity.

3. Team Edition:

Divide the class into teams, and have them complete the movements together, fostering teamwork and collaboration.

Additional Notes:

The **Nursery Rhyme Mash-Up Movement Adventure** combines fun storytelling with fitness exercises, encouraging imagination and physical activity. Perfect for a warm-up or end-of-session activity, it brings nursery rhymes to life while keeping everyone active and engaged!

