

Outdoor Adventurous Activities (OAA)

#Move like a star



Achieve the challenge

The aim of the game is to practise different movements to improve agility and balance.

Learning about orienteering

- Orienteering involves running whilst avoiding both natural and man-made obstacles.
- Orienteering also involves focusing on which direction you are running in with the help of a map which you hold in one hand and look at from time to time.
- Performing these 2 activities well at the same time requires practising agility, balance, and co-ordination.

If you haven't already, watch the Introduction to Orienteering video by clicking [here](#)

Equipment

Make sure you ask permission!!

Essential

- Space big enough for the game
- 4 garden or household objects

Optional

- Access to the internet
- Another person
- A4 paper/card and pen/pencil

How to play: Part 1 Warm Up (an extra person as a caller would help)

See the website for the video link

1. Create an area (e.g. 3m x 3m square) with 4 objects (cones, plant pots etc.)
2. Start walking around the outside of the area.
3. Ask the caller to call out different movements (see diagram 1) that you have to perform. Change them every 3 seconds or so.

Once you have practised these, increase the difficulty:

1. Write out the movements on a piece of paper (or print this sheet).
2. Hold it in one hand whilst doing the warm up.
3. As you soon as you have completed a movement, without stopping, point to where that movement is written on the paper.

Q: What skill does this practise?

Diagram 1: Warm Up Movements

walk	hop (left foot)
sidestep	hop (right foot)
touch floor (right hand)	jog backwards
touch floor (left hand)	jump
change direction	skip

Try choosing your own movements

How to play: Part 2 – Sports poses (an extra person as a caller would help)

1. Diagram 2 shows a list of sports and also a famous or local sports star.
2. Practise a well known movement that is associated with each sport (there are examples on the demo video). E.g. serve in Tennis.
3. Now try practising holding a pose (as if frozen) of that movement. Choose either the start, the middle, or the finish of the movement.
4. When you have practised them all, start moving around inside the area you marked out, changing direction as you near an edge of the area.
5. Get the caller to call out one of the sports from the list.
6. You have to stop and hold your practised pose for that sport for 5 seconds.
7. Then carry on moving in the area. Repeat until you are confident of each pose.

Tip: Try to balance on the balls (front, not heel) of your feet when striking a pose.

How to play: Part 3 – Move like a star

1. Choose a famous sports personality from each sport. Search the internet to help you research, or use the list provided.
2. Get the caller to call out the superstars name instead of the sports and repeat the game in Part 2.

To increase the difficulty, call out the names quicker, or use just their surname. What else could you change? Maybe use 2 names per sport?

Diagram 2: Some sports and their stars

Golf	Rory McIlroy	Rugby Union	Owen Farrell
Football	Harry Kane	Diving	Tom Daley
Rugby League	Josh Charnley	Basketball	LeBron James
Tennis	Serena Williams	Sprinting	Dina Asher-Smith
Netball	Helen Housby	Cricket	Ben Stokes

How to play: One player version

Part 1:

- Create a label card for each exercise
- Shuffle them and hold them in one hand.
- Turn over a card when ready to perform the next exercise. Continue until finished.

Part 2:

- Same as above but create a label card for each sport or superstar.

OR

play the demo video and copy the examples.

Spirit of The Games



Passion:

Choose stars that are passionate about their sport, or sports that you are passionate about.