

# Shared Goals Relay



**To teach students the importance of setting shared goals and celebrating success through a fun and collaborative relay activity.**

**To encourage students to share their experiences and be vulnerable with their peers through sharing their life goals, thoughts and opinions.**



## Learning Intentions

### **Understanding the Value of Shared Goals**

Students will learn the importance of setting and working towards shared goals, understanding how collective efforts can lead to successful outcomes and strengthening teamwork.

### **Encouraging Vulnerability and Open Communication**

Students will practise sharing personal experiences, life goals, and challenges with their peers, fostering a safe environment where they can be open and vulnerable, leading to deeper connections and understanding.

### **Promoting Physical Activity and Teamwork**

Students will engage in a physically active relay while working together as a team, enhancing their ability to collaborate, support one another, and celebrate collective achievements.



## Success Criteria

### **Practical Goal Setting and Team Collaboration**

Students successfully collaborate to set realistic and shared goals for the relay, demonstrating their understanding of teamwork and the importance of working together towards a common objective.

### **Active Participation in Physical and Reflective Activities**

Students actively participate in both the relay and the reflective activities, showing enthusiasm for completing physical exercises and a willingness to share personal thoughts and goals with their teammates.

### **Positive Reflection on Team Experience**

Students engage in meaningful reflection during the debrief, discussing their experiences, how they felt working towards shared goals, and what they learned about their teammates. They show an understanding of the value of communication and support in a team setting.



# Shared Goals Relay



## Objective:

To teach students the importance of setting shared goals and celebrating success through a fun and collaborative relay activity.

To encourage students to share their experiences and be vulnerable with their peers through sharing their life goals, thoughts and opinions.

## Materials Needed:

- Cones or markers to set up relay lanes
- A small ball, beanbag or relay baton for each team
- A whiteboard or poster board to track progress
- Markers
- Pen and paper to list team goals.

## Preparation:

1. Set up relay lanes with cones or markers (can be a straight line or around an oval).
2. Prepare a whiteboard or poster board to track each team's progress and shared goals.

## Instructions (1 minute): Introduction (1 minute):

Explain to the students that they will be participating in a relay race that focuses on setting and achieving shared goals and celebrating success together. Discuss why working towards common goals is essential and how sharing success can be rewarding for everyone involved.

## Shared Goals Relay Activity (4 minutes):

- Divide the students into teams of 4-5.
- Explain that each team will set a shared goal for the number of relay laps and the number of exercises and/or personal life goals they want to share that they aim to complete together within the time limit.
- Have each team discuss and agree on their goals, then write it down on the whiteboard or poster board.
- Give each team a small ball, a beanbag or a relay baton.
- Set a timer for 4 minutes. The teams will take turns running their relay lanes, passing the ball or beanbag to the next team member until the time is up.
- Encourage the teams to cheer each other on and keep track of their laps.
- Examples of goals are: Fitness – 30 squats, 30 push ups, 30 star jumps, 30 sit ups or Personal – 3 life goals, 3 things they fear, 3 challenges they have faced so far, 3 things they are looking forward to or 3 things they are grateful for. These extra goals need to be completed within the allotted time and in-between when the students are running in their lanes.



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## Debrief (1 minute):

- After the relay, gather the students and review each team's goals and the number of laps they completed.
- Discuss how it felt to work towards a shared goal and how they supported each other to achieve it.
- Discuss what they learnt about their teammates and how it made them feel hearing each others thoughts.
- Celebrate the success of each team, regardless of whether they met their exact goal, emphasising the effort and teamwork involved.

## Conclusion:

- Encourage the students to think about other situations where they can set and achieve shared goals and the importance of celebrating success together. Remind them that working towards common objectives and recognising each other's efforts can strengthen their sense of community and teamwork.

