

Week One

This week's activities blend physical movement, emotional reflection, and social interaction to promote both individual growth and teamwork. Students engage in a variety of activities designed to improve their physical coordination, emotional awareness, self-reflection, and interpersonal connections, all while fostering a positive and supportive environment.

Learning Intentions:

- 1. Improving Coordination and Focus:** Students will enhance their physical coordination, reflexes, and reaction times through movement-based activities that require focused attention and quick responses.
- 2. Practising Self-Reflection and Gratitude:** By engaging in reflective exercises, students will deepen their understanding of their personal strengths, challenges, and the things they are grateful for, fostering emotional awareness and self-growth.
- 3. Building Empathy and Connection Through Teamwork:** Through group-based and paired activities, students will practice empathy, effective communication, and collaboration, contributing to a supportive community atmosphere.

Success Criteria:

- 1. Engagement and Coordination:** Students demonstrate improved coordination and focus during the "Big Body Snap" game, effectively reacting to changing commands and positions while engaging with their peers.
- 2. Thoughtful Reflection:** Students complete reflective tasks, such as identifying their strengths and challenges, and actively participate in conversations, fostering a growth mindset.
- 3. Empathy and Team Collaboration:** During the "Gratitude Lock-Up" activity, students share and reflect on positive moments, building empathy and understanding through connection and teamwork.



Activity 1: Big Body Snap

Duration: 10 minutes

Objective:

This high-energy activity focuses on improving physical coordination, reaction times, and teamwork. Students practice quick reflexes and effective communication with their partners while reflecting on their physical awareness.

Learning Intentions:

- Develop coordination and awareness through focused movement.
- Improve communication and teamwork while reacting to changing foot positions.

Success Criteria:

- Accurate and timely reactions when landing in the correct position.
- Clear communication with a partner to execute movements correctly.

Gameplay:

Students pair up and practice jumping into specific foot positions, calling "snap" when both players land in the same position. The first to reach five points wins the round. Afterward, students switch partners and repeat.

Debrief:

Students reflect on how quick reactions and clear communication helped them succeed in the game.

Activity 2: My Strengths and Challenges

Duration: 20 minutes

Objective:

This reflective activity encourages students to identify their personal strengths and challenges while fostering a growth mindset. Students will gain confidence in their abilities and develop a balanced perspective on areas for improvement.

Learning Intentions:

- Recognise personal strengths and acknowledge areas for growth.
- Set actionable goals based on self-reflection to overcome challenges.

Success Criteria:

- Identification of one personal strength and one challenge.
- Articulation of how strengths can be used to overcome challenges.

Gameplay:

Students write about a strength they possess and a challenge they face. Then, they explore how their strengths can help them navigate these challenges.

Debrief:

Students discuss how recognising their strengths and challenges contributes to their self-awareness and growth.

Activity 3: Magical 21

Duration: 15 minutes

Objective:

A fun, interactive game where students practice math skills while engaging in physical fitness. The game combines decision-making, quick math, and fitness challenges, enhancing both cognitive skills and physical endurance.

Learning Intentions:

- Enhance math skills by practising quick addition and decision-making.
- Engage in physical exercises while participating in a competitive game.

Success Criteria:

- Quick and accurate addition skills during gameplay.
- Good sportsmanship and active participation in fitness challenges.

Gameplay:

Students roll dice to accumulate points towards a total of 21. If they exceed 21, they lose points. After each round, the winner and loser perform fitness challenges.

Debrief:

Students reflect on how decision-making and math skills influenced their gameplay, and how physical fitness contributed to their overall engagement.

Activity 4: Gratitude Lock-Up

Duration: 15 Minutes (Ongoing weekly)

Objective:

This weekly reflective activity helps students cultivate a habit of gratitude by writing down positive experiences or things they are thankful for. Over time, this practice builds a sense of appreciation and fosters emotional well-being.

Learning Intentions:

- Practice gratitude by writing and reflecting on positive moments.
- Build a habit of appreciation and reflection over time.

Success Criteria:

- Regularly contribute to the gratitude collection.
- Share reflections with the group, fostering a positive and supportive environment.

Gameplay:

Students write down one thing they are grateful for each week and place it in a "Gratitude Lock-Up" (a jar or container). At the end of the term, the class reads the notes together.

Debrief:

Students discuss how regularly reflecting on gratitude influences their mindset and emotional well-being.

Conclusion:

This week's activities integrate physical movement, emotional reflection, and teamwork, creating a well-rounded learning experience. Students have developed greater self-awareness, practised effective communication, and reflected on the importance of gratitude and kindness in their lives. Going forward, students will continue to apply these skills in their daily interactions, fostering personal growth, connection, and a positive environment.