

# Week Five

This week's activities combine strategic thinking, self-reflection, physical fitness, and social connection. Students have the opportunity to practice prediction skills, set goals, work as teams, and reflect on positive experiences, all while staying engaged in fun, interactive games. These activities not only challenge students intellectually but also provide a chance to build resilience, teamwork, and emotional awareness.

## Learning Intentions:

- 1. Develop Prediction and Estimation Skills:** Students practice making educated guesses based on observation and interaction, improving their ability to predict outcomes in various contexts.
- 2. Promote Physical Fitness and Coordination:** Through high-energy games and fitness challenges, students enhance their physical fitness while engaging in friendly competition.
- 3. Foster Positive Competition and Sportsmanship:** Students learn to engage in healthy competition, celebrating achievements and handling setbacks respectfully.
- 4. Encourage Goal Setting and Self-Reflection:** Students set clear, achievable goals and reflect on potential obstacles, learning how to manage challenges and work toward success.

## Success Criteria:

- 1. Active Participation and Engagement:** Students are active participants in all activities, from guessing the total number of fingers in "Bam Bam Bam" to engaging in the fitness challenges of "Duck Duck Dice."
- 2. Effective Communication and Collaboration:** Students demonstrate teamwork in games like "Goal Setting for Success" and "Dice Bingo," sharing reflections and working together to achieve goals.
- 3. Reflection and Self-Awareness:** Through "Empathy in Action" and "Dice Bingo Positive Reflection," students reflect on personal growth, express gratitude, and actively listen to their peers, enhancing their emotional intelligence and empathy.



## Activity 1: Bam Bam Bam

**Duration:** 10 minutes

### **Objective:**

To develop prediction skills, enhance group communication, and promote positive competition through a game focused on estimating total numbers.

### **Learning Intentions:**

- Make educated guesses based on observations.
- Enhance collaboration and communication among players.
- Engage in friendly competition while demonstrating good sportsmanship.

### **Success Criteria:**

- Students accurately predict the total number of fingers shown by the group.
- Active participation in each round, sharing predictions and respecting others' guesses.

### **Gameplay:**

Players form a circle and guess the total number of fingers displayed by all players. The person who guesses closest to the total wins the round. The game encourages communication and strategic thinking, with no materials required.

### **Debrief:**

Reflect on how making predictions and communicating clearly helped improve the accuracy of guesses and how friendly competition can foster team spirit.

## Activity 2: Goal Setting for Success

**Duration:** 20 minutes

### **Objective:**

To promote goal setting by having students define clear, achievable goals and create a plan for success.

### **Learning Intentions:**

- Set realistic goals and break them down into manageable steps.
- Anticipate potential challenges and think of strategies to overcome them.
- Build resilience by planning how to tackle obstacles.

### **Success Criteria:**

- Students identify a specific goal and break it down into actionable steps.
- Students reflect on possible challenges and devise solutions for overcoming them.

### **Gameplay:**

Students define a goal they wish to achieve in the next month, break it down into smaller steps, and reflect on challenges they may face. This helps them create a clear, actionable plan for success.

### **Debrief:**

Discuss how setting realistic goals and preparing for challenges can help them stay motivated and achieve success. Encourage students to track their progress over the next few weeks.

## Activity 3: Duck Duck Dice

**Duration:** 10 minutes

**Objective:**

To develop strategic thinking and understanding of probability through a dice game with fitness challenges integrated into the gameplay.

**Learning Intentions:**

- Make strategic decisions based on dice rolls, balancing risks and rewards.
- Improve understanding of probability by analysing dice outcomes.
- Collaborate with others in a fun, energetic environment.

**Success Criteria:**

- Students make thoughtful decisions on how to match and add the values of their dice rolls to maximise points.
- Active participation in both the strategic and physical aspects of the game.

**Gameplay:**

Players roll 5 dice and attempt to move as many dice as they can into their “buckets” or out of the game. Players aim to match or add their dice up to the same value as the ‘Boss’ dice using a little bit of luck, sneaky numeracy and skill. The player with the lowest score at the end of each round wins and becomes the next Boss.

**Debrief:**

Reflect on how students used strategic thinking to match or add up to the ‘Boss’ dice and how fitness challenges added an extra layer of fun and engagement to the game.

## Activity 4: Dice Bingo Positive Reflection

**Duration:** 20 minutes

**Objective:**

To foster self-reflection and positive conversation by answering reflective questions and completing a bingo row.

**Learning Intentions:**

- Reflect on positive experiences and memories.
- Engage in meaningful conversation with a partner.
- Celebrate strengths and positive aspects of life.

**Success Criteria:**

- Thoughtful reflection on personal experiences.
- Clear communication with a partner, listening actively and sharing reflections.

**Gameplay:**

Players roll dice to answer reflective questions. The goal is to complete a row on the bingo grid by sharing reflections on moments of pride, personal growth, and positive experiences.

**Debrief:**

Encourage students to discuss how reflecting on positive moments helped them build self-awareness and celebrate their personal achievements. Highlight the importance of empathy and listening to others.

### **Conclusion:**

This week's activities offer a blend of mental and physical challenges, helping students develop strategic thinking, goal-setting skills, and empathy. Through games like "Bam Bam Bam" and "Duck Duck Dice," students engage in friendly competition, communication, and fitness, while activities such as "Empathy in Action" and "Goal Setting for Success" allow for self-reflection and personal growth. These activities foster an environment of collaboration, positive reinforcement, and emotional well-being, helping students recognise the value of supporting one another and achieving personal goals.