

Week Eight

This week's activities focus on teamwork, resilience, communication, and physical movement. Students engage in games and exercises that help develop quick thinking, empathy, and physical fitness, while also promoting positive interactions and personal growth.

Learning Intentions:

- 1. Develop Teamwork and Collaboration:** Activities like Lumps and Resilience Rally encourages students to work together to solve challenges, share personal stories, and support one another.
- 2. Enhance Physical Activity and Movement:** Through games like Lumps and the Moby–Flower Workout, students practice physical movements while developing strength, coordination, and agility.
- 3. Encourage Emotional Awareness and Resilience:** The Power of a Smile and Resilience Rally encourages students to reflect on how simple actions like smiling or sharing resilience stories can positively impact themselves and others.
- 4. Build Coordination, Agility, and Quick Thinking:** The physical challenges in Lumps and Moby–Flower Workout helps students develop their coordination and quick thinking while staying active and engaged.

Success Criteria:

- 1. Active Participation and Engagement:** Students participate enthusiastically in all activities, showing energy and focus, especially during Lumps and the Moby–Flower Workout.
- 2. Teamwork and Collaboration:** Students work together in both physical and emotional activities, whether in group formations during Lumps or supporting one another in Resilience Rally.
- 3. Empathy and Reflection:** Activities like The Power of a Smile and Resilience Rally allows students to reflect on their own experiences and think about how their actions affect others.
- 4. Physical and Mental Agility:** In games like Lumps and Moby–Flower Workout, students demonstrate both mental agility (quick decision-making) and physical coordination (strength and endurance).

Activity 1: Lumps

Duration: 5 minutes

Objective:

To develop teamwork, quick thinking, and physical activity in a fun and dynamic setting.

Learning Intentions:

- Foster teamwork and collaboration.
- Encourage physical movement with energy and enthusiasm.

Success Criteria:

- Active participation in various movements (running, hopping, skipping).
- Efficient group formation based on numerical instructions.
- Positive teamwork and communication during group formation.

Gameplay:

The teacher calls out a number, and students must quickly form groups of that size while moving around the space. This is done through running, hopping, or skipping. An elimination version can add extra excitement, where students who fail to form the correct group are out.

Debrief:

Reflect on how students communicated and collaborated to form groups, and discuss how quick thinking and agility were important in the game.

Activity 2: The Power of a Smile

Duration: 25 minutes

Objective:

To explore the impact of non-verbal communication, focusing on how a smile can positively affect others.

Learning Intentions:

- Understand the impact of non-verbal cues like smiling.
- Reflect on how a smile can positively affect both oneself and others.

Success Criteria:

- Students recall times when someone's smile made them feel better.
- Students describe how smiling at others made them feel and think about how it affects the recipient.

Gameplay:

Students reflect and write about times when a smile affected their mood, either positively or negatively. They share how smiling at others impacts both the giver and the receiver.

Debrief:

Discuss how non-verbal communication, such as a smile, can help create a positive atmosphere and improve relationships.

Activity 3: Moby – Flower Workout

Duration: 5 minutes

Objective:

To build strength, endurance, and coordination by synchronising movements with the rhythm of the song Moby–Flower.

Learning Intentions:

- Develop strength and endurance through bodyweight exercises.
- Enhance coordination and rhythm by syncing movements with music.

Success Criteria:

- Correct exercise form during squats, push-ups, and squat thrusters.
- Rhythmic coordination with the music's beat.
- Active participation and sustained engagement throughout the workout.

Gameplay:

Students perform various exercises (squats, push-ups, squat thrusters) in sync with the lyrics and rhythm of the song. The exercises match the cues in the song, such as "bring Sally up" and "bring Sally down."

Debrief:

Discuss how working with rhythm helped maintain energy and coordination. Reflect on how students felt during the workout and how it impacted their fitness.

Activity 4: Resilience Rally

Duration: 25 minutes

Objective:

To encourage self-reflection, support, and empathy through storytelling, affirmation chains, and resilience exercises.

Learning Intentions:

- Reflect on past challenges and share personal growth.
- Provide and receive support and affirmations.
- Celebrate resilience and positive personal growth.

Success Criteria:

- Share past challenges and provide support to others.
- Reflect on growth and identify silver linings from past challenges.
- Participate in the affirmation chain and offer encouragement to others.

Gameplay:

Students share a past challenge they faced, explaining how they overcame it. They also offer support to others by sharing advice or similar experiences. The group forms an affirmation chain, offering positive statements to each other.

Debrief:

Reflect on how resilience helps in personal growth, and discuss the importance of providing support to others in tough situations.

Conclusion:

Week Eight emphasises teamwork, resilience, and positive communication, combining physical activities with emotional reflection. Through games like Lumps and Moby–Flower Workout, students work together to stay active and engaged, while activities like The Power of a Smile and Resilience Rally fosters emotional awareness and empathy. These activities help students build not only physical strength and endurance but also mental resilience and the ability to support others through challenges.

