



Week Nine

This week's activities focus on promoting agility, quick thinking, teamwork, and emotional awareness. Through high-energy games, self-reflection activities, and creative challenges, students develop physical, social, and emotional skills that foster positive social interaction and resilience.

Learning Intentions:

1. **Enhance Agility and Coordination:** Through Head Butt Tag, students practice quick reactions and coordination while also engaging in safe and active play.
2. **Promote Teamwork and Collaboration:** Games like Head Butt Tag and The Magic Word emphasise the importance of teamwork, as students worked together to achieve a common goal, whether by switching teams or solving puzzles.
3. **Encourage Safe Movement and Play:** Head Butt Tag reinforces the need for safe movement while playing active games, ensuring that all students can participate energetically without risking injury.
4. **Foster Emotional Awareness and Self-Care:** Activities like What Makes Me Feel Good? and The Power of a Smile encourages students to reflect on activities that improve their emotional well-being and understand how simple actions like smiling can impact others.

Success Criteria:

1. **Active Participation and Safe Movement:** Students participate enthusiastically in games like Head Butt Tag while demonstrating agility and respect for personal space and safety.
2. **Quick Thinking and Adaptability:** Students adapt quickly to the changing dynamics of Head Butt Tag, switching teams and reacting to the fast-paced nature of the game.
3. **Teamwork and Collaboration:** Both Head Butt Tag and The Magic Word highlights teamwork, with students working together to achieve a common goal while encouraging one another.
4. **Emotional Reflection and Self-Awareness:** What Makes Me Feel Good? helps students identify positive habits, while The Power of a Smile encourages students to reflect on how their actions affect others' well-being.





Activity 1: Head Butt Tag

Duration: 5 minutes

Objective:

To develop agility, coordination, and teamwork through a fast-paced tag game, while encouraging safe movement.

Learning Intentions:

- Improve coordination and quick reflexes.
- Promote teamwork and adaptability by switching teams.

Success Criteria:

- Students move safely and respectfully, avoiding collisions.
- Quick switching of teams while maintaining energy and cooperation.

Gameplay:

Students are split into two teams: "Heads" and "Butts." The goal is for one team to tag members of the opposing team, with players switching teams upon being tagged. The game continues until one team has successfully tagged all the opposing team members, or until a set time limit.

Debrief:

Reflect on how students communicated, switched teams, and kept the game fair and safe, emphasising the importance of respecting personal space.

Activity 2: What Makes Me Feel Good?

Duration: 25 minutes

Objective:

To help students reflect on activities that improve their well-being and develop habits for better mental health.

Learning Intentions:

- Identify positive activities that enhance happiness and health.
- Reflect on how incorporating these activities into daily life can improve well-being.

Success Criteria:

- Students list at least three activities that make them feel good.
- Students explain how each activity improves their happiness and health.

Gameplay:

Students write or draw activities that make them feel happy and healthy. They then explain why these activities make them feel good and reflect on how they can incorporate them into their routines.

Debrief:

Encourage students to share ideas with their peers and discuss how prioritising activities that promote well-being can improve their emotional health.





Activity 3: Heads, Shoulders, Knee Cone

Duration: 10 minutes

Objective:

To develop agility, coordination, and quick thinking through a fun, fast-paced game involving body part commands.

Learning Intentions:

- Improve agility and coordination through rapid response to commands.
- Encourage teamwork and friendly competition.

Success Criteria:

- Students quickly respond to body part commands and grab the cone when instructed.
- Active participation and engagement in the fast-paced, competitive nature of the game.

Gameplay:

Participants respond to commands like "head," "shoulders," and "knees" by quickly touching the designated body part, then racing to grab a cone when called. The game can be made more challenging with additional variations like color-coded cones.

Debrief:

Reflect on how students demonstrated quick thinking, coordination, and good sportsmanship while maintaining enthusiasm throughout the game.

Activity 4: The Magic Word (Escape Room)

Duration: 30 minutes

Objective:

To encourage teamwork, problem-solving, and positivity through a collaborative escape room challenge.

Learning Intentions:

- Promote collaboration and creative problem-solving to unlock the "Magic Word."
- Foster resilience and positive thinking by overcoming challenges together.

Success Criteria:

- Students actively participate in team challenges, solving puzzles and completing tasks.
- Students reflect on their teamwork and positivity, celebrating their collective achievements.

Gameplay:

Teams have been selected to solve the mystery of the "Magic Word" that unlocks a treasure chest of positivity! Each challenge station grants you one or two letters. Collect all the letters and use your wits to discover the magic word that will unlock the prize. The team to spell the word first wins!

Debrief:

Discuss how teamwork and positivity helped the teams complete the challenges and what they learned about supporting each other and thinking creatively.





Conclusion:

Week Nine focuses on enhancing physical and social skills through active games and reflection activities. Head Butt Tag and Heads, Shoulders, Knee Cone helps students improve their coordination and agility, while also emphasising teamwork and collaboration. What Makes Me Feel Good? and The Power of a Smile encourages students to reflect on how simple actions and habits can enhance their emotional well-being. Finally, the Escape Room – The Magic Word provides a fun, team-oriented challenge that highlights the importance of resilience and creative problem-solving.

