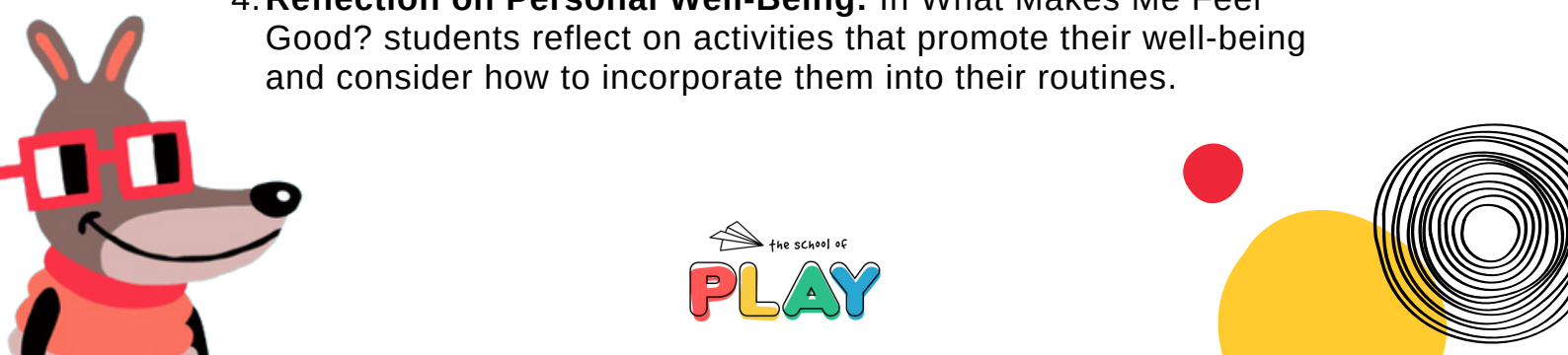# Week Ten

This week's activities emphasise building social connections, fostering empathy, promoting physical activity, and enhancing teamwork. By engaging in both high-energy games and reflective activities, students have the opportunity to improve their physical fitness, enhance emotional awareness, and develop stronger social bonds with their peers.

Learning Intentions:
1. **Enhance Social Connections:** Through games like Look Up and Down and My Dream Team, students practice eye contact, collaboration, and communication, fostering stronger social relationships.
2. **Promote Physical Activity and Engagement:** Look Up and Down and Chumbawamba–Tubthumper offers students a chance to stay active through fun fitness challenges that promotes cardiovascular endurance, strength, and coordination.
3. **Encourage Teamwork and Cooperation:** Many activities, like Empathy Relay and My Dream Team, focuses on teamwork, encouraging students to collaborate and appreciate the unique qualities others bring to a team.
4. **Foster Empathy and Emotional Awareness:** Activities like Empathy Relay and What Makes Me Feel Good? helps students recognise and express their emotions while developing an understanding of how to respond empathetically to others.

Success Criteria:
1. **Active Participation and Engagement:** Students demonstrate enthusiasm and involvement, actively engaging in both physical activities and reflective tasks like Look Up and Down and What Makes Me Feel Good?
2. **Teamwork and Communication:** Through both physical games and reflective writing, students collaborate effectively, sharing ideas, helping each other, and fostering positive social interaction.
3. **Empathy and Emotional Expression:** In Empathy Relay, students learned to recognise emotions in others and express empathy, while in My Dream Team, they reflect on how their own contributions could strengthen a team.
4. **Reflection on Personal Well-Being:** In What Makes Me Feel Good? students reflect on activities that promote their well-being and consider how to incorporate them into their routines.

Activity 1: Look Up and Down

Duration: 5 minutes
Objective:
To build relationships, promote physical engagement, and encourage quick thinking through a fun, high-energy game.
Learning Intentions:
- Improve social connections through eye contact and teamwork.
- Stay active through fitness challenges like running and high-ten jumps.

Success Criteria:
- Students engage fully in making eye contact and performing physical challenges.
- Collaboration and positive interactions throughout the game.

Gameplay:
Players form a circle, looking down until the instructor calls "look up," prompting participants to make eye contact with someone else. If they do, they complete a fitness challenge together. The game continues for 5 minutes, with the goal of accumulating the most points through successful interactions.
Debrief:
Discuss the importance of eye contact in building connections and the fun of staying active with friends.

Activity 2: My Dream Team

Duration: 25 minutes
Objective:
To reflect on the qualities that make a successful team and how students can contribute to teams in a positive way.
Learning Intentions:
- Identify and appreciate qualities in teammates that help create strong, successful teams.
- Reflect on personal contributions to teamwork.

Success Criteria:
- Students identify key qualities in their dream team.
- Students reflect on how they can contribute positively to a team.

Gameplay:
Students either write or draw about their "dream team," describing the traits they value in team members. They then reflect on their own qualities and how they contribute to the success of teams.
Debrief:
Share examples of how teamwork can lead to success and how students can help create a positive and supportive team environment.

Activity 3: Chumbawamba – Tubthumper Workout

Duration: 5 minutes
Objective:
To improve cardiovascular endurance, strength, and coordination while enjoying music-based fitness.
Learning Intentions:
- Improve fitness and coordination through aerobic exercises and strength training.
- Stay motivated and engaged by syncing movements with music.

Success Criteria:
- Students perform exercises with proper form.
- Students stay in sync with the music and remain engaged throughout the workout.

Gameplay:
Students perform various exercises in sync with the song Tubthumper by Chumbawamba, including jogging, burpees, plank holds, and squat holds. The song's rhythm guides the pace of the exercises.
Debrief:
Discuss how exercise can be fun and motivating when combined with music and rhythm, and encourage students to try incorporating these exercises into their routine.

Activity 4: Empathy Relay

Duration: 25 minutes
Objective:
To foster empathy and emotional awareness through a relay race where students express emotions and recognise them in others.
Learning Intentions:
- Identify and express different emotions through actions and body language.
- Practice empathy by recognising and understanding emotions in others.

Success Criteria:
- Students successfully act out emotions and recognise them in their peers.
- Students share personal experiences related to the emotions they express.

Gameplay:
Teams take turns acting out emotions, while the rest of the group guesses. After each round, students reflect on the emotions expressed and discuss how they could respond empathetically in similar situations.
Debrief:
Encourage students to share their thoughts on how they felt while expressing emotions and what they learned about understanding others' feelings.
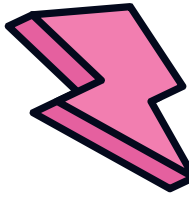
Conclusion:

Week Ten centers on building strong social bonds, enhancing physical fitness, and promoting emotional awareness. Activities like Look Up and Down and Chumbawamba – Tubthumper keep students physically engaged, while My Dream Team and Empathy Relay provides opportunities for reflection on teamwork and empathy. The combination of fun, movement, and emotional reflection helps students learn the value of positive communication, collaboration, and mutual support.