

Week Eleven

Week Eleven brings a focus on teamwork, fitness, and gratitude, with a variety of activities designed to keep students active, reflective, and connected. From quick reaction games to mindfulness practices, students are engaged in both physical challenges and emotional reflection to promote physical health, positive social interactions, and emotional well-being.

Learning Intentions:

- 1. Engage in Physical Activity and Improve Fitness:** B'Gawk and Three Dice Step Up encourages students to stay active while improving their cardiovascular endurance, strength, and coordination through fun, fast-paced exercises.
- 2. Develop Quick Thinking and Agility:** B'Gawk and Three Dice Step Up also promotes quick reflexes, helping students stay alert, make quick decisions, and enhance their motor skills.
- 3. Promote Teamwork and Social Connection:** Activities like Gratitude & Kindness Family Fraud and My Gratitude List encourages students to reflect on gratitude and kindness while fostering positive group dynamics.
- 4. Build Emotional Awareness and Practice Gratitude:** My Gratitude List and Gratitude & Kindness Family Fraud provides students with the opportunity to reflect on their own gratitude and recognise the importance of kindness in their daily interactions.

Success Criteria:

- 1. Active Participation:** Students are engaged in both physical and reflective activities, staying focused on exercises and showing enthusiasm for team-based tasks.
- 2. Teamwork and Cooperation:** Activities like B'Gawk and Gratitude & Kindness Family Fraud require collaboration, communication, and supportive interaction within teams.
- 3. Physical Fitness:** Students demonstrate their ability to complete physical exercises, such as squats and plank jacks in B'Gawk, and rolled dice for various fitness challenges in Three Dice Step Up.
- 4. Gratitude and Reflection:** Students reflect on the importance of gratitude in My Gratitude List, identifying specific things they are thankful for and understanding the impact of gratitude on emotional well-being.

Activity 1: B'Gawk

Duration: 5 minutes

Objective:

To promote focus, physical fitness, and group interaction while practising quick thinking and coordination.

Learning Intentions:

- Improve reaction time and focus during physical challenges.
- Cooperate with others while completing fitness exercises like squats and plank jacks.

Success Criteria:

- Follow the rules and respond quickly to changes in direction.
- Complete squats and fitness exercises correctly and stay engaged throughout the game.

Gameplay:

Players stand in a circle, starting in a squat hold and making chicken sounds. They perform a series of movements depending on hand signals (right or left hand), which directs the play either clockwise or counterclockwise. If players make a mistake or hesitate, they must perform plank jacks to rejoin the game.

Debrief:

Discuss how staying focused helped everyone stay on track, and reflect on the importance of working together to keep the game fun and active.

Activity 2: My Gratitude List

Duration: 25 minutes

Objective:

To encourage students to reflect on and identify things they are grateful for, promoting mindfulness and emotional well-being.

Learning Intentions:

- Identify things to be grateful for and express the reasons behind that gratitude.
- Reflect on how practising gratitude improves emotional well-being.

Success Criteria:

- List five things students are grateful for and explain why.
- Reflect on the emotional benefits of gratitude and how it impacts their mood.

Gameplay:

Students write down five things they are grateful for, explain why they are grateful for each item, and reflect on how gratitude makes them feel.

Debrief:

Share reflections as a group or with a partner, discussing how focusing on gratitude can help foster a positive mindset and improve emotional health.

Activity 3: Three Dice Step Up

Duration: 10 minutes

Objective:

To engage students in a fitness challenge where dice rolls determine the number of repetitions for various exercises, combining physical activity and strategic thinking.

Learning Intentions:

- Improve motor skills and manage time effectively during the game.
- Engage in friendly competition while completing fitness challenges.

Success Criteria:

- Roll the dice and perform exercises with good form and speed.
- Track progress and aim for the highest score.

Gameplay:

Players roll dice to determine how many repetitions to complete for various exercises. The goal is to complete as many rounds as possible within the set time, with increasing intensity as more dice are rolled.

Debrief:

Reflect on how the randomness of the dice added a fun challenge, and discuss strategies for staying motivated and working efficiently through the exercise rounds.

Activity 4: Gratitude & Kindness Family Feud

Duration: 20 minutes

Objective:

To promote teamwork, gratitude, and kindness through a competitive, team-based game inspired by Family Feud.

Learning Intentions:

- Practice gratitude by recognising the positive actions of others.
- Collaborate with a team to share thoughts on kindness and gratitude.

Success Criteria:

- Actively participate in the game by sharing meaningful answers about gratitude and kindness.
- Listen respectfully to others' contributions and contribute to the supportive atmosphere.

Gameplay:

Teams compete to guess the most popular answers to questions about kindness and gratitude. They earn points based on their responses, with the opportunity to engage in friendly competition while reflecting on personal moments of kindness.

Debrief:

Discuss how reflecting on gratitude and kindness created a supportive environment, and encourage students to continue expressing appreciation in their daily lives.

Conclusion:

Week Eleven provides a dynamic combination of physical activity, reflection, and social engagement. Students participate in high-energy games like B'Gawk and Three Dice Step Up to improve their fitness, while also reflecting on gratitude and kindness through activities like My Gratitude List and Gratitude & Kindness Family Fraud. The week emphasises the importance of staying active, working together, and appreciating the positive aspects of life, helping students develop a well-rounded approach to mental and physical well-being.

