

# Week Seventeen

In Week Seventeen, the focus is on numeracy, personal reflection, teamwork, physical fitness, and fostering a mindset of gratitude and empathy. The activities designed for this week involved engaging numeracy games, reflection exercises about bravery, physical challenges that combine mindfulness with movement, and games that encourage cooperation, quick thinking, and self-awareness.

## Learning Intentions:

### 1. Numeracy and Physical Engagement:

- Numeracy Battle combines numeracy problem-solving with physical activity, helping students develop quick thinking and enhance their math skills while staying physically engaged.

### 2. Self-Reflection and Personal Growth:

- What Makes Me Brave? encourages students to reflect on their experiences of bravery, helping them recognise their own resilience and how bravery contributes to their personal growth.

### 3. Teamwork and Cooperation:

- Keep on Rolling requires teamwork, communication, and quick decision-making, fostering a collaborative environment that reinforced the importance of supporting one another.

### 4. Mindfulness, Gratitude, and Empathy:

- Wheel of Fortune Wellness focuses on blending physical exercises with mindfulness tasks, where students practised gratitude, empathy, and self-love while enhancing their physical fitness.

## Success Criteria:

### 1. Numeracy and Mental Agility:

- In Numeracy Battle, students demonstrate quick thinking by solving numeracy problems correctly and rapidly moving to the correct side of the room based on their answers.

### 2. Bravery and Resilience:

- What Makes Me Brave? helps students identify moments of bravery, reflect on their feelings, and explore how acts of bravery lead to personal growth. It encourages empathy as they consider how to support others in being brave.

### 3. Teamwork and Support:

- Keep on Rolling encourages collaboration as teams work together to match dice combinations, complete exercises, and support each other through the challenges.

### 4. Mindfulness and Emotional Intelligence:

- Wheel of Fortune Wellness allows students to connect physical activity with gratitude and empathy, promoting emotional well-being while developing stronger teamwork and self-awareness.

## Activity 1: Numeracy Battle

**Duration:** 5 minutes

**Objective:**

To combine numeracy skills with physical activity by solving math problems and moving quickly based on the answers.

**Learning Intentions:**

- Solve numeracy problems quickly and accurately.
- Apply numeracy skills in an active setting.
- Collaborate in team play and improve teamwork.

**Success Criteria:**

- Answer math problems quickly and correctly.
- Move swiftly to the correct side of the room based on the answers.
- Participate actively with enthusiasm.

**Gameplay:**

Players are divided into "EVEN" and "ODD" sides of the room. Each time a numeracy question is asked, students must solve it and run to the appropriate side based on whether the answer is even or odd.

**Debrief:**

Reflect on how quickly students were able to solve problems and how the physical element added to the excitement of the game.

## Activity 2: What Makes Me Brave?

**Duration:** 25 minutes

**Objective:**

To reflect on personal bravery and explore how courageous actions lead to personal growth.

**Learning Intentions:**

- Reflect on a time when you were brave.
- Recognise how bravery contributes to personal growth.
- Encourage others to be brave.

**Success Criteria:**

- Describe a specific moment of bravery.
- Reflect on how bravery made you feel and how it helped you grow.
- Think about how to support others in being brave.

**Gameplay:**

Students write about a time when they showed bravery and reflect on the emotions and personal growth that came from the experience.

**Debrief:**

Discuss how bravery shapes our self-confidence and how students can support others in being brave.

## Activity 3: Keep on Rolling

**Duration:** 10 minutes

**Objective:**

To engage in a team-based, fitness challenge game combining dice rolls, exercises, and teamwork.

**Learning Intentions:**

- Develop teamwork and communication.
- Practice patience and resilience during setbacks.
- Improve physical fitness while having fun.

**Success Criteria:**

- Complete dice combinations and exercises correctly.
- Work together as a team to complete tasks.
- Maintain a positive attitude and good sportsmanship.

**Gameplay:**

Teams race to match dice combinations, perform exercises from the challenge cards, and gather cards to earn points. The team with the most completed cards wins.

**Debrief:**

Reflect on the importance of patience, communication, and perseverance when working through challenges, especially when the dice don't roll in your favour.

## Activity 4: Wheel of Fortune Wellness

**Duration:** 20 minutes

**Objective:**

To integrate physical exercise, mindfulness, gratitude, and empathy through fun wellness stations.

**Learning Intentions:**

- Connect physical activity with mindfulness and gratitude.
- Practice empathy and self-love.
- Work collaboratively to complete physical and reflective challenges.

**Success Criteria:**

- Reflect on gratitude and personal growth during exercises.
- Share meaningful answers to gratitude prompts.
- Contribute to a positive and inclusive atmosphere.

**Gameplay:**

Participants rotate through wellness stations where they complete physical exercises (e.g., squats, push-ups) and engage in mindfulness tasks (e.g., gratitude reflections). Teams accumulate points through shuttle runs and thoughtful reflections.

**Debrief:**

Discuss how combining physical challenges with gratitude and empathy affects students' mindset, promoting both mental and physical well-being.

### **Conclusion:**

Week Seventeen integrates numeracy, physical activity, personal growth, and emotional intelligence into a cohesive learning experience. Numeracy Battle combines math with movement, while What Makes Me Brave? and Keep on Rolling emphasises reflection, teamwork, and resilience. Wheel of Fortune Wellness brings together gratitude, empathy, and fitness in a fun and interactive way, promoting well-being through both physical and mental engagement. These activities create a dynamic environment where students work together, reflect on personal growth, and stay physically active.