

Week One

Week One focusses on energising students through fun and interactive activities that encourage physical movement, emotional expression, and reflection on kindness and gratitude. The week is aimed to promote coordination, teamwork, and social interaction, alongside fostering positive thinking and creative expression. The activities are designed to get students moving, thinking quickly, and engaging with their peers in meaningful ways while also reflecting on kindness, gratitude, and positive emotions.

Learning Intentions:

1. Physical Movement & Coordination:

- Happy Face Mean Face emphasised quick thinking, physical movement, and the ability to synchronise movements with a partner, while also keeping the energy high and fun.

2. Reflection on Kindness:

- My Kindness Journal encourages students to reflect on and appreciate both the kindness they've given and received, fostering empathy and gratitude in the process.

3. Storytelling & Physical Engagement:

- Old MacDonald Had a Fitness Farm combines movement with storytelling, making fitness fun and memorable while encouraging imagination and creativity.

4. Gratitude Expression & Reflection:

- Gratitude on Display encourages students to reflect on the things they are thankful for, express their gratitude creatively, and share it with others, enhancing a collective sense of positivity.

Success Criteria:

1. Active Participation & Fun Engagement:

- In Happy Face Mean Face, students engage enthusiastically in jumping, spinning, and performing burpees, matching facial expressions with their partner and interacting positively throughout.

2. Reflection & Empathy Building:

- In My Kindness Journal, students reflect on and creatively expressed acts of kindness, developing empathy by considering how kindness impacts both the giver and the receiver.

3. Creativity & Imagination:

- In Old MacDonald Had a Fitness Farm, students actively participate in the story while performing corresponding exercises, using their imagination to embody various farm animals through movement.

4. Creative Expression & Reflection:

- In Gratitude on Display, students express gratitude on sticky notes and place them on the wall, reflecting on their own blessings while also appreciating the collective gratitude of the group.



Activity 1: Happy Face Mean Face

Duration: 5 minutes

Objective:

Start the session with laughter, energy, and excitement while practicing quick thinking, coordination, and physical movement.

Learning Intentions:

- Think quickly and move in sync with a partner.
- Stay active and have fun while playing games.
- Interact positively and cooperatively with a partner.

Success Criteria:

- Match facial expressions and movements with a partner.
- Fully engage in physical challenges, showing enthusiasm and energy.
- Interact positively, laughing, and enjoying the game with a partner.

Gameplay:

Students pair up, perform a countdown, and jump and spin while making either a happy or mean face. Points are earned when both players show the same expression, and they tag each other for the point. After five rounds, they switch partners and the player with the most points wins.

Debrief:

Discuss how this activity helped improve coordination, teamwork, and emotional expression, while creating a fun and energetic atmosphere.

Activity 2: My Kindness Journal

Duration: 25 minutes

Objective:

Encourage students to reflect on acts of kindness, express gratitude, and develop empathy.

Learning Intentions:

- Identify acts of kindness in your life.
- Express kindness creatively through writing and drawing.
- Reflect on the impact of kindness on yourself and others.

Success Criteria:

- Write down five acts of kindness experienced or shared.
- Describe how kindness made you or others feel.
- Draw pictures to represent acts of kindness.

Gameplay:

Students write down five acts of kindness they've experienced or given, followed by drawings to represent each act. They then share their entries with a partner or the group.

Debrief:

Reflect on how kindness impacts personal relationships and overall well-being, discussing the emotional benefits of giving and receiving kindness.

Activity 3: Old MacDonald Had a Fitness Farm

Duration: 10 minutes

Objective:

Combine movement and imagination in a fun, story-based activity that promotes physical fitness.

Learning Intentions:

- Follow along with a story while participating in physical movement.
- Participate in fun physical activities based on the story.
- Use imagination while staying active.

Success Criteria:

- Actively engage in exercises while following the story.
- Perform exercises at the appropriate moments, staying in sync with the narrative.
- Show excitement and creativity while performing animal movements.

Gameplay:

Students perform various physical exercises such as jumping jacks, squats, galloping, and arm flapping, based on the animals introduced in the story of Old MacDonald Had a Fitness Farm. They use their imagination to make animal sounds and embody the animals through movement.

Debrief:

Discuss how storytelling can make physical exercise more engaging and how imagination enhances both fitness and fun.

Activity 4: Gratitude on Display

Duration: 20 minutes

Objective:

Encourage students to express gratitude and reflect on the positive aspects of their lives.

Learning Intentions:

- Identify and express things I am thankful for.
- Share gratitude with others creatively.
- Reflect on the gratitude shared by others.

Success Criteria:

- Choose something to be grateful for and express it with words or pictures.
- Participate in the game by answering gratitude questions and adding notes to the wall.
- Reflect on the gratitude shared by others on the wall.

Gameplay:

Students roll a dice to answer a gratitude question and write or draw their response on a sticky note. They then add their note to a gratitude wall, where all students' reflections are shared.

Debrief:

Reflect on the collective gratitude displayed on the wall, discussing how recognising and sharing gratitude contributes to a positive environment and helps us appreciate the good in our lives.

Conclusion:

Week One is filled with activities designed to encourage physical movement, emotional expression, and positive reflection. Happy Face Mean Face fosters coordination and energy, while My Kindness Journal and Gratitude on Display helps students reflect on kindness and gratitude in their lives. Old MacDonald Had a Fitness Farm combines imagination and exercise to engage students in both creativity and physical activity. These activities provide a fun, energetic start to the week, promoting well-being, empathy, and connection among participants.