

Week Four

Week Four focuses on enhancing physical coordination, empathy, creativity, and positive social interactions through a series of engaging activities. The emphasis is on fun, movement, and reflection while encouraging students to be active and appreciative.

Learning Intentions:

- **Listening & Following Instructions:** Walk, Stop, Name, Clap aims to develop listening skills, reaction times, and physical coordination through simple but fast-paced commands.
- **Recognizing & Celebrating Strengths:** Superpower Strengths encourages students to reflect on their unique qualities and strengths, allowing them to express and appreciate what makes them special.
- **Imaginative Movement & Creativity:** Tour De France Bike Race incorporates imaginative play and physical movement as students pretend to race in the Tour de France, performing different exercises to simulate various race challenges.
- **Spreading Kindness & Gratitude:** The Happiness Boomerang focuses on spreading kindness by sending positive messages to others, helping students reflect on the emotional impact of gratitude and appreciation.

Success Criteria:

- **Active Participation & Engagement:** In Walk, Stop, Name, Clap, students actively follow commands with enthusiasm, building physical coordination and social interaction. In Superpower Strengths, students creatively express their strengths through drawing and storytelling.
- **Physical Coordination & Imagination:** In the Tour De France Bike Race, students perform movements such as squats, jumps, and planks while using their imagination to navigate through race challenges.
- **Kindness & Reflection:** In The Happiness Boomerang, students spread kindness through thoughtful messages and reflect on the joy of giving, enhancing their emotional awareness and empathy.



Activity 1: Walk, Stop, Name, Clap

Duration: 5 minutes

Objective:

A fun, interactive icebreaker game that helps students practice listening skills, social interaction, and physical coordination.

Learning Intentions:

- Improve listening and reaction skills.
- Foster positive social interactions.
- Enhance physical coordination through movement.

Success Criteria:

- Successfully follow each command with accuracy.
- Actively engage with peers, creating a positive atmosphere.
- Show enthusiasm and focus in their participation.

Gameplay:

Students follow commands like "Walk," "Stop," "Clap," and "Name," adjusting their movements in response to the changing levels. As the commands evolve, students must react quickly and accurately, fostering coordination and fun.

Debrief:

Discuss how listening carefully and responding quickly helps students stay engaged and physically active while strengthening their social connections.

Activity 2: Superpower Strengths

Duration: 25 minutes

Objective:

Encourage self-reflection, creativity, and empathy by having students identify their personal strengths and imagine using them for the good of others.

Learning Intentions:

- Recognise personal strengths and uniqueness.
- Express strengths creatively through drawing and storytelling.
- Reflect on how strengths can be used to help others.

Success Criteria:

- Identify one personal strength.
- Draw a superhero version of themselves with their unique strength.
- Reflect on how their strength can benefit others.

Gameplay:

Students write and draw their personal strengths, imagining themselves as superheroes. Afterward, they share how they could use these strengths to help others, fostering self-awareness and empathy.

Debrief:

Encourage students to appreciate their own abilities and think about how their strengths can contribute to positive changes in the world.

Activity 3: Tour De France Bike Race

Duration: 10 minutes

Objective:

Engage students in physical movement while fostering creativity as they participate in a bike race adventure through a series of fun exercises.

Learning Intentions:

- Follow instructions while staying active.
- Use creativity and imagination during movement.
- Practice fitness through fun and engaging physical activities.

Success Criteria:

- Engage in each movement with energy and enthusiasm.
- Perform exercises correctly, based on the instructions.
- Use imagination to transform into different race characters.

Gameplay:

Students simulate a bike race, performing exercises like squats, planks, and burpees while following the instructor's narrative. They use their imagination to act out scenarios like going uphill or avoiding potholes, while improving fitness.

Debrief:

Discuss how physical movement can be combined with storytelling to make exercise fun and imaginative.

Activity 4: The Happiness Boomerang

Duration: 20 minutes (over 10 days)

Objective:

Encourage students to practice kindness by sending positive messages to others and reflecting on the emotional impact of spreading joy.

Learning Intentions:

- Recognise and express positive emotions towards others.
- Send thoughtful messages to spread joy.
- Reflect on how kindness makes both the giver and receiver feel.

Success Criteria:

- Send kind and thoughtful messages to others.
- Reflect on the impact of their kindness.
- Continue the practice of spreading kindness daily.

Gameplay:

For ten days, each student creates a kind message or drawing to someone in their life. They reflect on how it makes them feel and how it might make the recipient feel, creating a ripple effect of positivity.

Debrief:

Encourage students to share their experiences and discuss how acts of kindness can improve their emotional well-being and strengthen relationships.

Conclusion:

Week Four emphasises fun, physical activity, and emotional growth. Walk, Stop, Name, Clap helps develop listening and reaction skills, while Superpower Strengths fosters self-reflection and empathy. Tour De France Bike Race combines fitness and creativity in a high-energy adventure, and The Happiness Boomerang promotes kindness and gratitude through thoughtful actions. Together, these activities help students improve their physical coordination, emotional awareness, and social connections in an engaging and positive way.