

Week Five

Week Five focuses on physical activity, emotional reflection, and personal development. Students participate in engaging activities that combine movement, creativity, and emotional expression while promoting teamwork and healthy habits.

Learning Intentions:

- **Physical Coordination & Group Cooperation:** PSR Master allows students to follow physical commands and participate in full-body movements based on the game of Paper, Scissors, Rock.
- **Healthy Habits & Self-Reflection:** My Healthy Body Plan helps students identify healthy habits and reflect on how they contribute to their physical and emotional well-being.
- **Imaginative Physical Movement:** Alice in Wonderland Movement Adventure blends fitness with creativity as students act out different parts of the Alice in Wonderland story through physical movements.
- **Emotional Awareness & Communication:** Emoji Naughts & Crosses uses the classic game of tic-tac-toe to encourage emotional reflection, helping students connect their feelings to simple gameplay.

Success Criteria:

- **Active Participation & Engagement:** In PSR Master, students enthusiastically participate in the full-body version of Paper, Scissors, Rock, performing physical activities based on the outcome of each round. In My Healthy Body Plan, students reflect on their health by identifying and illustrating healthy habits.
- **Imaginative Movement & Fitness:** In Alice in Wonderland Movement Adventure, students follow instructions to act out various story elements, engaging in fitness activities like bunny hops, squats, and push-ups.
- **Emotional Reflection & Communication:** In Emoji Naughts & Crosses, students share their emotions based on the emoji prompts before making their moves, fostering emotional awareness and communication.

Activity 1: PSR Master

Duration: 5-10 minutes

Objective:

Energise students with a fun, full-body version of Paper, Scissors, Rock while incorporating physical activities based on the outcome of each round.

Learning Intentions:

- Follow directions and engage in physical activities.
- Cooperate with others in group games.
- Understand the outcomes of choices in the game.

Success Criteria:

- Actively participate in the physical movements.
- Maintain enthusiasm throughout the game.
- Demonstrate good sportsmanship.

Gameplay:

Students play a full-body version of Paper, Scissors, Rock, with each gesture (paper, scissors, rock) represented by a physical action. After each round, students perform a corresponding physical activity based on the outcome (win, draw, or lose).

Debrief:

Discuss the importance of quick decision-making, physical activity, and cooperation in games. Reflect on how students feel after completing each challenge.

Activity 2: My Healthy Body Plan

Duration: 20-25 minutes

Objective:

Help students recognise the importance of healthy habits and develop a plan to take care of their bodies.

Learning Intentions:

- Identify healthy habits for physical well-being.
- Recognise how healthy habits contribute to overall happiness.
- Reflect on how habits impact their physical and emotional health.

Success Criteria:

- List three healthy habits.
- Explain how these habits contribute to feeling good.
- Create a visual representation of their healthy habits.

Gameplay:

Students draw or write about three healthy habits they practice, reflecting on how each helps them feel strong and energised. They then set a goal to focus on one healthy habit for the day.

Debrief:

Encourage students to share their healthy habits and goals with others. Discuss how small daily choices contribute to a healthier lifestyle.

Activity 3: Alice in Wonderland Movement Adventure

Duration: 10 minutes

Objective:

Get students moving while engaging their creativity and imagination by acting out various scenes from Alice in Wonderland through physical exercises.

Learning Intentions:

- Follow instructions while performing physical movements.
- Use creativity to act out a story.
- Participate in fitness challenges that improve strength and coordination.

Success Criteria:

- Actively engage in each movement.
- Follow instructions accurately.
- Use imagination to enhance participation.

Gameplay:

Students act out different scenarios from Alice in Wonderland, performing movements like bunny hops, squats, and lunges. Each scenario from the story involves completing physical challenges that correspond to the plot.

Debrief:

Reflect on how using imagination while moving makes exercise more fun and engaging. Discuss how the physical activities help students stay active and creative.

Activity 4: Emoji Naughts & Crosses

Duration: 20 minutes

Objective:

Help students reflect on their emotions through a fun twist on tic-tac-toe using emoji prompts, while encouraging emotional awareness and communication.

Learning Intentions:

- Recognise and understand emotions.
- Share thoughts and feelings through communication.
- Play a fun game while reflecting on how they feel.

Success Criteria:

- Identify emotions from emojis and relate them to personal experiences.
- Share feelings clearly with others.
- Make a move in the game after reflecting on their emotions.

Gameplay:

Students play naughts and crosses using emoji prompts on the grid. Before making a move, they provide an emotional reflection based on the emoji, fostering a connection between their feelings and actions.

Debrief:

Encourage students to share how reflecting on emotions before playing made them feel. Discuss the importance of expressing feelings in a positive and playful way.

Conclusion:

Week Five is designed to engage students in physical activity, self-reflection, and emotional awareness. PSR Master combines quick thinking with full-body exercise, while My Healthy Body Plan helps students reflect on the importance of healthy habits. Alice in Wonderland Movement Adventure keeps students active and imaginative through fitness challenges, and Emoji Naughts & Crosses encourages emotional reflection in a playful way. Together, these activities promote fitness, creativity, and self-awareness, helping students develop both physically and emotionally.