



Week Seven

Week Seven focused on combining fun physical activity with imaginative play, teamwork, goal-setting, and gratitude. The activities were designed to engage students in physical movement, encourage positive thinking, and foster collaboration. The games incorporated movement with counting, creativity, and reflection, ensuring that students remained active, reflective, and connected throughout the week.

Learning Intentions:

- **Physical Activity & Coordination:** Jump Spin Fun combined jumping, spinning, and counting to improve physical coordination while staying active.
- **Creative Fitness:** African Safari used a safari-themed story to engage students in fitness exercises like squats, lunges, and jumps, while encouraging imagination.
- **Imagination & Goal-Setting:** My Dream Day helped students reflect on their ideal day, set achievable goals for future happiness, and practice creative self-expression.
- **Teamwork & Problem-Solving:** Dice Eliminator Partner Challenge fostered teamwork as students worked with a partner to complete physical challenges based on dice rolls, encouraging communication and cooperation.
- **Gratitude & Emotional Expression:** Gratitude Pictionary enabled students to express their gratitude through creative drawings, fostering empathy and understanding within the group.

Success Criteria:

- **Active Participation & Coordination:** In Jump Spin Fun, students practiced jumping, spinning, and counting, contributing to a lively atmosphere and improving their physical coordination.
- **Imaginative Fitness:** In African Safari, students remained active while imagining themselves as animals and explorers on a safari adventure, boosting both fitness and creativity.
- **Imaginative Thinking & Goal-Setting:** My Dream Day encouraged students to reflect creatively on their perfect day and set achievable goals to make their dreams come true.
- **Teamwork & Communication:** Dice Eliminator Partner Challenge promoted teamwork as students used problem-solving skills with their partner to complete challenges.
- **Emotional Expression & Gratitude:** In Gratitude Pictionary, students expressed what they were grateful for, gaining a deeper understanding of one another's positive emotions.





Activity 1: Jump Spin Fun

Duration: 10 minutes

Objective:

To combine jumping, spinning, and counting in a fun, energetic game that promotes physical activity and social interaction.

Learning Intentions:

- Improve basic counting and number recognition.
- Encourage physical movement and coordination.
- Build positive social skills through cooperation and sportsmanship.

Success Criteria:

- Actively engage in jumping, spinning, and counting.
- Correctly identify and count the total number of fingers shown.
- Cheer for friends and participate enthusiastically.

Gameplay:

In this fast-paced game, students jump and spin, showing fingers to represent a number. After each round, they count the total number of fingers shown, with points awarded for accuracy. The student with the most points at the end wins. Students cheer for each other, promoting a fun and supportive atmosphere.

Debrief:

Reflect on how the game promoted teamwork and positive social interaction. Discuss the importance of counting and supporting friends during physical activities, and how it contributes to the overall enjoyment of the game. This revision focuses on clarity, consistency, and conciseness, while keeping the core ideas intact.

Activity 2: My Dream Day

Duration: 20 minutes

Objective:

To inspire students to use their imagination and set goals by creating a vision of their perfect day and thinking about steps to make it come true.

Learning Intentions:

- Use imagination to envision an ideal day.
- Set positive goals for the future.
- Reflect on the key elements that make a day special and how to make it a reality.

Success Criteria:

- Express the vision of a perfect day through writing or drawing.
- Reflect on actionable steps to bring parts of the dream day to life.
- Set a future goal that can help make the dream day come true.

Gameplay:

Students reflect on what their perfect day would look like and write or draw their vision. They then plan one small action they can take to make part of that dream day a reality soon.

Debrief:

Share dream day plans with the group. Discuss how taking small steps can help achieve big dreams and explore the value of having positive, achievable goals.





Activity 3: African Safari

Duration: 10 minutes

Objective:

To engage students in physical movement through a safari-themed adventure, where they use their creativity and imagination to perform animal movements and fitness challenges.

Learning Intentions:

- Follow instructions to perform physical movements based on a safari story.
- Use imagination to embody animals or explorers on an exciting adventure.
- Improve fitness while having fun with interactive movements.

Success Criteria:

- Actively participate in all movements and follow instructions.
- Use creativity to pretend to be various animals or explorers.
- Complete exercises with accuracy to improve coordination and fitness.

Gameplay:

Students follow a narrative of a safari adventure, performing exercises such as squat jumps, lunges, and animal-inspired movements (e.g., hopping like a kangaroo, slithering like a snake) to enhance their fitness while imagining themselves on a safari.

Debrief:

Reflect on the different animals and actions incorporated into the movements. Discuss how combining imagination with physical activity made the adventure more enjoyable and engaging.

Activity 4: Dice Eliminator Partner Challenge

Duration: 20 minutes

Objective:

To complete physical challenges based on dice rolls, working cooperatively with a partner to eliminate numbers from the game sheet.

Learning Intentions:

- Collaborate with a partner to complete challenges.
- Think critically to find the best solutions to each challenge.
- Stay active and engaged while solving problems together.

Success Criteria:

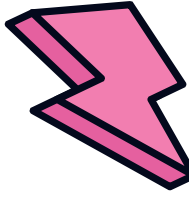
- Communicate clearly with a partner and work effectively together.
- Complete physical challenges based on dice rolls and mark off numbers.
- Stay engaged and active throughout the game.

Gameplay:

Partners roll two dice and perform the physical challenge corresponding to the number rolled. After completing the challenge, they cross off the number from the game sheet. The goal is to eliminate all the numbers by working through the challenges together.

Debrief:

Discuss how teamwork and communication helped solve challenges and how working together made the activity more enjoyable. Reflect on the importance of cooperation, as well as staying active and having fun while playing.





Conclusion:

Week Seven successfully combined physical activity, creativity, goal-setting, and emotional reflection. Jump Spin Fun and African Safari kept students active while fostering coordination and imagination. My Dream Day encouraged positive thinking and goal-setting, while Dice Eliminator Partner Challenge promoted teamwork and problem-solving. This week's activities kept students engaged in playful, interactive ways while helping them reflect on their goals, express gratitude, and promote physical and emotional well-being.

