

# Week Eight

Week Eight focuses on physical activity, gratitude, social reflection, and creativity, offering a diverse mix of engaging activities. The week emphasises the importance of cooperation, physical fitness, and emotional well-being, providing students with the opportunity to practice kindness, reflect on gratitude, and engage in energetic and fun games.

## Learning Intentions:

- **Physical Activity & Coordination:** Left, Right, Up, or Down and The Amazing Bank Robbery keep students engaged in fast-paced, action-packed physical activities that promote quick decision-making, coordination, and teamwork. The Amazing Bank Robbery introduces exciting story-based movement challenges to boost overall fitness and creativity.
- **Imagination & Gratitude:** 5 Senses of Gratitude encourages students to reflect on what they love and appreciate through their senses, connecting emotional experiences to physical actions through art and reflection. Kindness Starts with Me prompts students to reflect on specific ways they can show kindness and the impact kindness has on themselves and others.
- **Teamwork & Social Interaction:** Left, Right, Up, or Down encourages friendly competition and teamwork, fostering cooperation while keeping students active and engaged. Dice Eliminator Partner Challenge builds teamwork as students collaborate to complete challenges based on dice rolls.

## Success Criteria:

- **Active Participation & Coordination:** Left, Right, Up, or Down and The Amazing Bank Robbery promote active participation through movement, helping students stay engaged and enhancing their coordination and reflexes. The Amazing Bank Robbery keeps students excited as they move through various physical tasks tied to an adventurous storyline.
- **Imaginative Reflection & Gratitude:** 5 Senses of Gratitude inspires students to reflect on what they appreciate through their senses, expressing gratitude in creative ways through their handprint drawings. Kindness Starts with Me encourages students to plan and act on kind behaviours, fostering emotional reflection and connection.
- **Social Interaction & Teamwork:** Left, Right, Up, or Down encourages cooperation through friendly competition, creating a supportive and fun environment. Kindness Starts with Me facilitates group discussions, encouraging students to share their ideas and learn from each other's reflections.

## Activity 1: Left, Right, Up, or Down

**Duration:** 5 minutes

**Objective:**

To encourage quick thinking and physical activity through a fast-paced direction challenge.

**Learning Intentions:**

- Practice listening and following directions.
- Promote friendly competition and cooperation.
- Engage in physical movement, keeping students active and energised.

**Success Criteria:**

- React quickly and accurately to directions.
- Participate actively and enthusiastically in the game.
- Engage respectfully with teammates and opponents.

**Gameplay:**

Pairs compete in direction challenges where one player points in a direction, and the other responds by moving their head. After each round, they perform a physical challenge based on who wins.

**Debrief:**

Discuss the importance of quick thinking and listening carefully to instructions. Reflect on how the game helps students stay active while working together.

## Activity 2: Kindness Starts with Me

**Duration:** 20 minutes

**Objective:**

To encourage students to reflect on how they can show kindness to others and recognise the emotional impact of their actions.

**Learning Intentions:**

- Reflect on specific ways to show kindness.
- Express kindness through words and actions.
- Understand the emotional impact of kindness.

**Success Criteria:**

- Identify specific acts of kindness.
- Reflect on how kindness makes both the giver and receiver feel.
- Share kindness ideas with the group.

**Gameplay:**

Students write or draw one way they can be kind to someone today, reflect on the emotional impact, and share their thoughts with the class or family.

**Debrief:**

Discuss how small acts of kindness can make a big difference and how it feels to be kind. Emphasise the importance of kindness in creating a positive environment.

## Activity 3: The Amazing Bank Robbery

**Duration:** 10 minutes

**Objective:**

To engage students in a thrilling, story-based physical adventure through various exercises, enhancing fitness and creativity.

**Learning Intentions:**

- Follow instructions and perform physical movements.
- Use imagination to engage in the bank robbery adventure.
- Stay active while completing physical challenges.

**Success Criteria:**

- Actively engage in each exercise and follow the story.
- Use creativity to imagine being part of the bank robbery.
- Complete the physical tasks successfully.

**Gameplay:**

Students participate in a series of physical exercises while acting out the thrilling story of a bank robbery, using movements like jogging, squats, and high knees to escape.

**Debrief:**

Reflect on the fun and creative aspect of the adventure, discussing how the physical movements connect to the storyline and help everyone stay active.

## Activity 4: 5 Senses of Gratitude

**Duration:** 20 minutes

**Objective:**

To help students reflect on the things they love through their five senses and creatively express gratitude through art.

**Learning Intentions:**

- Reflect on sensory experiences that bring joy.
- Express gratitude through art and reflection.
- Share gratitude with others.

**Success Criteria:**

- Identify what they love through each of the five senses.
- Creatively express their gratitude through their handprint drawing.
- Share their reflections with the group.

**Gameplay:**

Students trace their handprint, assign each finger to one of their senses, and reflect on what they love about each sense. They then create a meaningful design to represent their gratitude.

**Debrief:**

Discuss how each sense contributes to our experience of gratitude and how reflecting on these moments helps us appreciate life's small joys. Share the handprint designs and the sensory experiences with the class or family.

### **Conclusion:**

Week Eight successfully blends physical activity, emotional reflection, and teamwork. Left, Right, Up, or Down and The Amazing Bank Robbery keep students moving while enhancing coordination, quick thinking, and creativity. Kindness Starts with Me and 5 Senses of Gratitude provide opportunities for reflection, encouraging kindness and emotional awareness. These activities foster a positive environment where physical fitness, gratitude, and teamwork thrive.

