

# Week Nine

Week Nine combines movement, gratitude, and social connection, offering a blend of physical activities, creative reflection, and meaningful social interactions. The week focuses on energising students through active games, fostering kindness through compliments, and encouraging gratitude through personal reflections. Each activity aims to enhance physical fitness, emotional intelligence, and positive social bonds.

## Learning Intentions:

- **Physical Activity & Coordination:** One Two Three and Nursery Rhyme Mash-Up promote physical movement through fun, interactive exercises, encouraging coordination, reflexes, and fitness. Nursery Rhyme Mash-Up combines physical movement with storytelling, allowing students to immerse themselves in familiar nursery rhymes while engaging in exercises.
- **Gratitude & Kindness:** Compliment Time and Master Chef Group Gratitude emphasise the importance of recognising positive qualities in others, offering compliments, and reflecting on the people we appreciate in our lives. Compliment Time encourages students to practice kindness by giving compliments and reflecting on how compliments make people feel.
- **Social Connection & Reflection:** One Two Three and Compliment Time emphasise interaction, cooperation, and connection with peers, building positive social skills. Master Chef Group Gratitude fosters a sense of community through creative reflection on gratitude and appreciation for others.

## Success Criteria:

- **Active Participation & Movement:** One Two Three and Nursery Rhyme Mash-Up keep students engaged in movement and exercise while focusing on the accuracy of physical actions and their coordination with others. Students actively participate, showing enthusiasm and energy in completing each physical task.
- **Imaginative Reflection & Gratitude:** Compliment Time and Master Chef Group Gratitude help students reflect on positive aspects of their peers, providing compliments and engaging in reflective conversations about gratitude. Students actively share their compliments and reflections, practising kindness and promoting a positive social environment.
- **Social Interaction & Teamwork:** One Two Three encourages students to work together with a partner, improving their coordination and communication. Compliment Time and Master Chef Group Gratitude emphasise listening, sharing, and expressing appreciation for others, fostering a supportive group atmosphere.

## Activity 1: One Two Three

**Duration:** 10 minutes

**Objective:**

To energise students with laughter and physical exercises that promote fitness and connection with a partner.

**Learning Intentions:**

- Encourage physical activity through fun and easy movements.
- Build focus and coordination while enjoying time with a partner.
- Strengthen social connections through cooperative play.

**Success Criteria:**

- Engage actively in the game and follow instructions.
- Perform physical actions accurately and quickly.
- Show enthusiasm, participate with positive energy, and bond with a partner.

**Gameplay:**

Students count to three while performing various actions (clap, nod, jump). The game progresses with more complex actions each round, adding fun and physical challenges. A modified version incorporates exercises like jumping jacks, squats, and high knees for added fitness.

**Debrief:**

Discuss the importance of coordination, focus, and the joy of moving together with a partner. Reflect on how the game makes everyone feel energetic and connected.

## Activity 2: Compliment Time

**Duration:** 20 minutes

**Objective:**

To encourage students to practice kindness by giving compliments and reflecting on the impact of positive words.

**Learning Intentions:**

Recognise positive qualities in others.

Practice kindness through giving compliments.

Reflect on how giving compliments benefits both the giver and receiver.

**Success Criteria:**

- Identify three positive qualities in others to compliment.
- Offer sincere and thoughtful compliments.
- Reflect on the emotional impact of giving compliments.

**Gameplay:**

Students write or draw three compliments for others and share them with peers, fostering a culture of kindness. Afterward, they reflect on how it feels to give compliments and how it makes others feel.

**Debrief:**

Talk about the power of positive words and how compliments can brighten someone's day. Encourage students to keep giving compliments and practising kindness.

## Activity 3: Nursery Rhyme Mash-Up

**Duration:** 10 minutes

**Objective:**

To engage students in a creative and physical storytelling experience based on nursery rhymes, incorporating exercises to improve coordination and fitness.

**Learning Intentions:**

- Participate in physical challenges tied to a fun nursery rhyme story.
- Use imagination to become characters in the story.
- Stay active and improve physical fitness through a variety of exercises.

**Success Criteria:**

- Actively engage in each physical challenge and perform movements with enthusiasm.
- Immerse in the story, using imagination to act out characters and events.
- Complete the physical challenges successfully and have fun.

**Gameplay:**

Students follow along with a nursery rhyme story, performing various exercises like jumping, crawling, and sprinting to match each part of the story. Movements include sprinting from the bears, jumping to catch stars, and frog jumps to search for the princess.

**Debrief:**

Discuss how the nursery rhyme story comes to life through the movements and how everyone stays active while having fun. Reflect on the creativity of the activities and how they help enhance coordination and fitness.

## Activity 4: Master Chef Group Gratitude

**Duration:** 20 minutes

**Objective:**

To foster gratitude and appreciation within a group through a reflective and creative activity.

**Learning Intentions:**

- Reflect on the people and actions we are grateful for.
- Express gratitude creatively through drawing or writing.
- Share appreciation with others to strengthen social connections.

**Success Criteria:**

- Reflect thoughtfully on individuals who make a positive impact.
- Creatively express gratitude through writing or drawing.
- Share gratitude with peers, contributing to a positive and supportive atmosphere.

**Gameplay:**

Students reflect on gratitude prompts, writing or drawing about individuals who positively impact their lives. Afterward, they create a storyline using five of the gratitude prompts and share their reflections through a story with the group, promoting kindness and appreciation.

**Debrief:**

Discuss how expressing gratitude strengthens relationships and builds community. Encourage students to keep recognizing and sharing appreciation for the people around them.

### **Conclusion:**

Week Nine emphasises the importance of physical activity, social connection, and gratitude. One Two Three and Nursery Rhyme Mash-Up keep students moving while improving their coordination, focus, and creativity. Compliment Time and Master Chef Group Gratitude promote positive interactions, kindness, and appreciation for others, creating a supportive environment. These activities not only keep students engaged but also help build stronger emotional connections and foster a culture of gratitude and teamwork.