



Week One

Week One is designed to foster creativity, teamwork, physical activity, and empathy. Activities like *Animal Movement Relay* encourage students to engage in fun physical challenges while mimicking animal movements, promoting confidence and coordination. *Who Am I?* helps students reflect on their family connections through drawing and verbal expression, while *Old MacDonald Had a Fitness Farm* combines storytelling with exercise, making physical activity more enjoyable. *Random Acts of Kindness Challenge* encourages empathy by motivating students to complete acts of kindness and share their experiences.

Learning Intentions

Physical Coordination & Teamwork:

- *Animal Movement Relay* helps students practice physical coordination, build confidence, and encourage teamwork through animal mimicry in a relay race.
- *Old MacDonald Had a Fitness Farm* promotes physical movement through a fun, interactive storytelling activity.

Creativity & Reflection:

- *Who Am I?* encourages students to reflect on their family relationships through drawing and verbal expression, fostering emotional connections.
- *Random Acts of Kindness Challenge* promotes kindness and empathy, encouraging students to reflect on their actions and their impact on others.

Success Criteria

Engagement & Social Interaction:

- *Animal Movement Relay* ensures students are actively participating, working together, and using their creativity to mimic animals and make sounds.
- *Who Am I?* helps students practice drawing, reflect on their family connections, and express their thoughts clearly to others.
- *Old MacDonald Had a Fitness Farm* ensures students participate in physical exercises, listen attentively to the story, and engage their imagination.
- *Random Acts of Kindness Challenge* focuses on practising kindness, sharing acts of kindness with peers, and reflecting on how these acts positively impact others.





Activity 1: Animal Movement Relay

Duration: 10-15 minutes

Objective:

To help students develop physical coordination, confidence in movement, and social interaction by mimicking animal movements while participating in a relay race.

Learning Intentions:

- Practice physical coordination through animal movements.
- Build confidence in movement by completing challenges.
- Collaborate with classmates to complete the relay.

Success Criteria:

- Move like different animals (e.g., hopping like a frog, slithering like a snake, flying like a bird).
- Make the corresponding animal sound.
- Work as a team, taking turns and encouraging others.

Gameplay:

- Students form teams, each with enough space to race across the room or playground.
- The first student starts by mimicking the first animal movement, races to the finish line, and returns to tag the next teammate.
- Each player continues with a different animal movement.

Reflection Prompt:

- How did you feel moving like different animals?
- What was the most fun animal movement to do?
- How did your team work together during the race?

Activity 2: Who Am I?

Duration: 10-15 minutes

Objective:

To help students practice drawing, reflect on their family connections, and develop verbal expression skills by drawing a picture of their family and sharing something special about each person.

Learning Intentions:

- Practice drawing by creating a family picture.
- Reflect on the special qualities of family members.
- Develop verbal expression skills by sharing with the group.

Success Criteria:

- Draw a picture of the family and label each member.
- Share something special about each family member with the group.
- Build confidence in verbal communication by explaining family dynamics.





Gameplay:

- Students draw a picture of their family and label the members.
- After drawing, students reflect on something special about each person in their family.
- Each student shares their picture and reflections with the group.

Reflection Prompt:

- What makes each person in your family special?
- How does it feel to share about your family?
- What did you learn about your classmates' families?

Activity 3: Old MacDonald Had a Fitness Farm

Duration: 10-15 minutes

Objective:

To engage students in a fun, story-based activity that combines movement and imagination. Students will follow the story of *Old MacDonald Had a Fitness Farm* while participating in various exercises related to the narrative.

Learning Intentions:

- Follow along with a story while performing physical exercises.
- Engage in physical activities through storytelling.
- Use imagination to stay active and have fun.

Success Criteria:

- Participate in the movements while following the story.
- Listen to the story and perform corresponding exercises at the right moments.
- Engage with imagination and creativity while acting out the animals and actions.

Gameplay:

- Read the *Old MacDonald Had a Fitness Farm* story aloud or play a video narration.
- Students perform the exercises corresponding to animals and actions in the story (e.g., jumping jacks, squats, galloping).
- Complete the story with a fun stretch to cool down.

Reflection Prompt:

- Which animal movement was your favourite?
- How did it feel to use your imagination while exercising?
- What was the most fun part of the story?





Activity 4: Random Acts of Kindness Challenge

Duration: 10-15 minutes for reflection and sharing.

Objective:

To practice kindness, develop empathy, and enhance social interaction by completing one act of kindness throughout the day and sharing it with the group.

Learning Intentions:

- Practice kindness and reflect on its positive impact.
- Develop empathy by considering how actions affect others.
- Enhance social interaction by sharing kindness stories with the group.

Success Criteria:

- Complete one act of kindness during the day.
- Share the act of kindness with the group.
- Listen to others' acts of kindness and appreciate their contributions.

Gameplay:

- Students are encouraged to complete one random act of kindness throughout the day (e.g., sharing, helping someone).
- At the end of the day, students share their act of kindness with the group and explain how it made someone else feel.

Reflection Prompt:

- How did it feel to perform an act of kindness?
- How did your act make someone else feel?
- What other acts of kindness could we do to make our classroom even better?

Conclusion:

Week One sets the foundation for creativity, teamwork, physical activity, and kindness. *Animal Movement Relay* encourages coordination and collaboration, while *Who Am I?* promotes reflection on family connections. *Old MacDonald Had a Fitness Farm* blends physical activity and storytelling, and *Random Acts of Kindness Challenge* fosters empathy and positive social interaction. These activities promote self-expression, build community, and set a positive tone for the year ahead.

