



# Week Eight

This week's activities revolve around listening skills, creativity, physical coordination, resilience, and self-expression. *Simon Says with a Twist* enhances listening and coordination, while *Animal I Would Be* encourages imaginative thinking and self-expression. *The Amazing Bank Robbery* promotes physical fitness with fun exercises tied to a thrilling adventure, and *Resilience Rock Toss* helps students reflect on their personal growth by sharing resilience stories. These activities blend physical engagement with emotional and creative development, fostering both teamwork and individual growth.

## Learning Intentions

### Listening, Following Directions & Physical Coordination:

- *Simon Says with a Twist* focuses on listening carefully and performing creative movements, helping students develop physical coordination and self-control.
- *The Amazing Bank Robbery* engages students in a story-based adventure, where they follow physical instructions to build coordination and strength.

### Creativity & Self-Expression:

- *Animal I Would Be* encourages students to think creatively and express why they admire certain animals.
- *Simon Says with a Twist* and *The Amazing Bank Robbery* incorporate imagination to enhance physical play.

### Resilience & Self-Reflection:


- *Resilience Rock Toss* provides an opportunity for students to reflect on personal challenges and share how they've demonstrated resilience in their lives.

## Success Criteria

### Engagement & Participation:

- In *Simon Says with a Twist*, students engage by listening carefully and performing the right movements.
- *Animal I Would Be* encourages students to participate creatively by drawing and explaining their choice of animal.
- *The Amazing Bank Robbery* promotes active participation in physical challenges, keeping students engaged throughout the activity.

### Self-Control & Creativity:

- In *Simon Says with a Twist*, students practice self-control by waiting for the correct cue before acting.
  - *The Amazing Bank Robbery* and *Simon Says with a Twist* use creativity to tie physical exercises to fun, imaginative storylines.
  - *Resilience Rock Toss* encourages self-reflection on challenges and persistence, promoting self-expression through storytelling.
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## Activity 1: Simon Says with a Twist

**Duration:** 10-15 minutes

**Objective:**

To help students practice listening skills, following directions, and physical coordination through a fun and active version of Simon Says.

**Learning Intentions:**

- Develop listening skills by following instructions when "Simon says."
- Improve physical coordination through creative movements like hopping or crawling.
- Build self-control by responding only when "Simon says."

**Success Criteria:**

- Listen carefully to instructions.
- Perform movements with coordination and control.
- Follow the rules and stop when "Simon says" is not included in the command.

**Gameplay:**

- The leader calls out commands like "Simon says hop like a kangaroo" or "Simon says crawl like a crab."
- Introduce commands without "Simon says" to challenge students.
- Encourage creativity in movements and review how listening and self-control were key.

## Activity 2: Animal I Would Be

**Duration:** 10-15 minutes

**Objective:**

To foster creativity, self-expression, and animal recognition by drawing an animal students would like to be and explaining why.


**Learning Intentions:**

- Reflect on animal characteristics and choose one to admire.
- Use creativity to imagine oneself as an animal.
- Develop verbal communication by explaining why they admire certain animals.

**Success Criteria:**

- Draw an animal and explain why it was chosen.
- Share thoughts on the animal's characteristics and why they are admired.
- Listen to others' ideas and ask questions.

**Gameplay:**

- Students draw an animal they admire and share their reasons with the class.
  - Ask students to reflect on qualities they admire in their chosen animal.
  - Encourage positive sharing and listening to different perspectives.
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### Activity 3: The Amazing Bank Robbery

**Duration:** 20-25 minutes

**Objective:**

To engage students in a creative, action-packed story adventure that combines fitness challenges with imaginative play.

**Learning Intentions:**

- Follow instructions to perform physical exercises.
- Use imagination to act out the story and engage in an adventure.
- Stay active while completing fitness tasks.

**Success Criteria:**

- Participate enthusiastically in each movement.
- Engage creatively in the story.
- Complete all physical tasks as instructed.

**Gameplay:**

- Students act out an adventure story by performing exercises such as high knee jogging, squat holds, bear crawls, and more.
- Students use imagination to play different roles, like robbers or heroes, during the adventure.
- Reflect on the excitement of completing physical challenges.

### Activity 4: Resilience Rock Toss

**Duration:** 15-20 minutes

**Objective:**

To promote resilience and self-reflection by sharing positive lessons learned from overcoming challenges.

**Learning Intentions:**

- Reflect on times when they did not give up.
- Share positive experiences of resilience with others.
- Practice self-reflection and build confidence.

**Success Criteria:**

- Share a personal resilience story after tossing the rock.
- Use positive language to reflect on overcoming challenges.
- Participate with confidence, sharing resilience lessons.

**Gameplay:**

- Students toss rocks into a bucket and share a story about a time they didn't give up.
- Encourage positive feedback and celebrate resilience.
- Reflect on the importance of perseverance and growth.

**Conclusion:**

Week Eight is a blend of physical activity, creativity, resilience, and self-expression. *Simon Says with a Twist* and *The Amazing Bank Robbery* keep students active while fostering creativity and coordination. *Animal I Would Be* allows students to reflect on qualities they admire in animals, and *Resilience Rock Toss* provides an opportunity for students to share personal stories of perseverance. These activities create a dynamic environment where students can build essential life skills in a fun, engaging way.

