



Week Twenty-Four

In Week Twenty-Four, students will engage in a series of activities that emphasise teamwork, empathy, creativity, and physical movement. The *Human Alphabet* activity encourages cooperation and letter recognition through creative body movements. The *Tag with a Twist* game promotes cardiovascular fitness, agility, and resilience, while the *Empathy Heart Tags* task encourages students to reflect on kindness and empathy. Additionally, the *My Friendship Pledge* and *Gratitude and Giving* activities allow students to focus on positive social behaviours and express care for others. Together, these activities promote emotional well-being, team collaboration, and the development of physical and social skills.

Learning Intentions:

Teamwork & Collaboration:

- *Human Alphabet* and *Tag with a Twist* help students work together, fostering communication and creativity in an engaging, active environment.
- *Empathy Heart Tags* and *My Friendship Pledge* promote positive relationships and empathy, teaching students to support and respect one another.

Physical Activity & Coordination:

- *Tag with a Twist* enhances cardiovascular fitness, agility, and coordination.
- *Human Alphabet* encourages movement and creativity while reinforcing letter recognition and word formation.

Self-Reflection & Empathy:

- *My Friendship Pledge* encourages self-reflection on positive behaviours in friendships.
- *Empathy Heart Tags* support students in reflecting on their acts of kindness and empathy, fostering a supportive classroom environment.

Success Criteria:

Engagement & Communication:

- In *Human Alphabet*, students collaborate to form letters and words using their bodies, fostering teamwork and creativity.
- In *Tag with a Twist*, students work together to complete physical challenges, building teamwork, coordination, and sportsmanship.

Self-Reflection & Empathy:

- *Empathy Heart Tags* allow students to express and reflect on acts of kindness, contributing to a positive classroom culture.
- *My Friendship Pledge* encourages students to articulate and commit to being kind, empathetic friends.

Physical Movement & Problem-Solving:

- *Tag with a Twist* challenges students to stay active and resilient by completing tasks after being tagged.
- *Human Alphabet* promotes creativity and problem-solving by forming complex shapes and words.





Activity 1: Human Alphabet

Duration: 5-10 minutes

Objective:

Promote teamwork, creativity, and physical movement while reinforcing letter recognition and spelling.

Learning Intentions:

- Work together to form shapes and letters using the body.
- Recognise letters and words through physical activity.
- Think creatively and move as a group to form shapes.

Success Criteria:

- Form letters with the body.
- Collaborate to form words.
- Complete more difficult tasks by increasing complexity.

Gameplay:

Students form individual letters and words using their bodies. Begin with simple letters, then move on to short words and phrases, increasing difficulty as they progress.

Reflection Prompt:

- How did you work together to form the letters?
- What was challenging about forming longer words or phrases?
- How did you communicate with your group?

Activity 2: My Friendship Pledge

Duration: 10-15 minutes

Objective:

Reflect on the qualities of a good friend and commit to positive behaviours in friendships.

Learning Intentions:

- Identify what makes a good friend and describe positive friendship behaviours.
- Commit to being a kind and supportive friend through a pledge.
- Express the friendship pledge through writing and drawing.

Success Criteria:

- Identify positive qualities of a good friend.
- Describe specific plans to show kindness and support in friendships.
- Express the pledge creatively through writing or drawing.

Gameplay:

Students reflect on positive friendship behaviours and write or draw their own "Friendship Pledge," committing to specific actions.

Reflection Prompt:

- What qualities make a good friend?
- How can you show kindness to your friends?
- Why is it important to be a good friend?





Activity 3: Tag with a Twist

Duration: 10-15 minutes

Objective:

Improve cardiovascular fitness, agility, and coordination through an active game of tag with added physical tasks.

Learning Intentions:

- Engage in active movement to improve fitness.
- Perform physical tasks to enhance agility and coordination.
- Practice resilience by continuing the game after being tagged.

Success Criteria:

- Run quickly and dodge the "it" player.
- Complete physical tasks quickly when tagged.
- Work with others to create a fun and active environment.

Gameplay:

One player is "it" and must tag others. When tagged, players complete a physical task (e.g., star jumps) before rejoining the game. Add variations like "safe zones" or increased task difficulty.

Reflection Prompt:

- What physical tasks were hardest to complete?
- How did it feel to quickly get back into the game after being tagged?
- What strategies did you use to avoid being tagged?

Activity 4: Empathy Heart Tags

Duration: 15-20 minutes

Objective:

Encourage students to express empathy through kind actions and reflect on those actions creatively.

Learning Intentions:

- Express care and empathy through thoughtful actions.
- Reflect on kind gestures made toward others.
- Contribute to a positive classroom environment through empathy.

Success Criteria:

- Create heart-shaped tags that reflect acts of kindness.
- Decorate tags creatively to make them meaningful.
- Display tags as a visual reminder of empathy.

Gameplay:

Students write or draw a kind act they've done for someone on a heart-shaped tag, decorate it, and hang it on the "Empathy Wall" to create a visual representation of kindness in the classroom.

Reflection Prompt:

- How does it feel to express care for others?
- How can we continue to show empathy toward each other?
- What other ways can we be kind to our friends and family?





Conclusion:

Week Twenty-Four promotes creativity, physical activity, empathy, and kindness. Activities like *Human Alphabet*, *Tag with a Twist*, and *Empathy Heart Tags* encourage teamwork, collaboration, and self-reflection. These activities are designed to help students develop both physical and emotional skills while creating a supportive and positive classroom environment. Through these activities, students will not only improve their fitness and coordination but also learn the value of kindness, empathy, and positive friendship behaviours.

