

Week Twenty-Seven

In Week Twenty-Seven, students engage in activities that promote physical activity, kindness, teamwork, and reflection. The *Fruit Fun Mover* game encourages quick thinking, movement, and cooperation, while *My Happy Helpers* fosters a spirit of kindness and reflection on helping others. *Treasure Hunt Run* combines agility with problem-solving, challenging students to move quickly and think creatively. The *Thank You Song* brings joy and fosters gratitude through music, creating a sense of community. These activities aim to build stronger social bonds, improve physical fitness, and cultivate a culture of kindness and gratitude.

Learning Intentions

Physical Activity & Quick Thinking:

- *Fruit Fun Mover* focuses on listening, reacting quickly, and moving with precision, enhancing both physical agility and teamwork.
- *Treasure Hunt Run* develops speed, coordination, and problem-solving by racing to collect treasures, improving agility and balance.

Teamwork & Social Interaction:

- Both *Fruit Fun Mover* and *Treasure Hunt Run* promote teamwork, collaboration, and social interaction in a fun, energetic environment.

Kindness & Reflection:

- *My Happy Helpers* encourages students to reflect on how their actions can make others happy and foster empathy.
- *Thank You Song* focuses on expressing gratitude through music, promoting positive social connections and appreciation.

Success Criteria

Active Participation & Collaboration:

- In *Fruit Fun Mover*, students demonstrate their ability to react quickly and collaborate with classmates to complete the game.
- In *Treasure Hunt Run*, students work quickly to collect treasures while practising coordination and balance.

Empathy & Reflection:

- In *My Happy Helpers*, students think about specific acts of kindness they can do for others, reflecting on the positive impact of their actions.
- In *Thank You Song*, students actively participate in singing and expressing gratitude, enhancing their sense of community.



Activity 1: Fruit Fun Mover

Duration: 5-10 minutes

Objective:

Encourage quick thinking, movement, and teamwork in a fun seat-switching game.

Learning Intentions:

- React quickly to verbal cues.
- Work with peers to stay engaged and active.
- Remember assigned fruit and quickly switch seats.

Success Criteria:

- Listen and respond to fruit cues (apple, orange, banana).
- Collaborate with classmates in a fun, fast-paced setting.
- Remember your assigned fruit and when to change seats.

Gameplay:

Students are assigned fruit names. When the middle person calls out two fruit names, those students switch seats while the middle person tries to sit in one. The game includes "fruit basket turnover", where everyone switches seats.

Reflection Prompt:

- How did you remember your fruit?
- How did you feel when you had to change seats quickly?
- How did you work with your classmates to find a seat during "fruit basket turnover"?

Activity 2: My Happy Helpers

Duration: 10-15 minutes

Objective:

Encourage students to think about and reflect on small acts of kindness they can perform for others.

Learning Intentions:

- Identify ways to help others and make them happy.
- Reflect on the emotional benefits of helping.
- Express ideas about kindness through writing or drawing.

Success Criteria:

- Identify one specific way to help someone.
- Explain how helping others will make them feel happy.
- Express ideas about helping others creatively.

Gameplay:

Students reflect on an act of kindness they can perform for someone today. They write or draw their plans and share their ideas.

Reflection Prompt:

- How will your act of kindness make someone happy?
- Why is it important to help others?
- How do you feel when you help someone?



Activity 3: Treasure Hunt Run

Duration: 10-15 minutes

Objective:

Develop running, agility, and problem-solving skills while racing to collect treasures.

Learning Intentions:

- Improve running, agility, and coordination.
- Think critically about how to collect treasures efficiently.
- Practice object handling and balance.

Success Criteria:

- Collect treasures quickly and return them to the starting point.
- Handle and carry objects safely while running.
- Participate in individual or team challenges to collect treasures efficiently.

Gameplay:

Students race to collect treasures scattered around the play area and return them to the starting point. The game may include strategies for efficient collection, and students can compete individually or in teams.

Reflection Prompt:

- What strategy did you use to collect treasures quickly?
- How did you work with others in a team?
- What was the hardest part of the race?

Activity 4: Thank You Song

Duration: 10-15 minutes

Objective:

Express gratitude creatively through a thank you song, fostering a sense of community and appreciation.

Learning Intentions:

- Use music to express gratitude.
- Understand the importance of expressing thanks joyfully.
- Participate in group singing to share gratitude.

Success Criteria:

- Learn and sing the thank you song confidently.
- Use voice and actions to express gratitude.
- Participate in group singing and contribute to a shared expression of appreciation.

Gameplay:

Teach students the lyrics to a thank you song. After learning the song, students sing together, using gestures to show gratitude.

Reflection Prompt:

- How did it feel to sing the thank you song?
- How do you think the person receiving the song felt?
- What are other ways to show appreciation?

Conclusion:

Week Twenty-Seven is designed to enhance students' physical abilities, kindness, and community spirit. *Fruit Fun Mover* and *Treasure Hunt Run* improve quick thinking, agility, and teamwork, while *My Happy Helpers* and *Thank You Song* foster empathy, gratitude, and kindness. These activities combine physical and emotional growth in an engaging and playful way, allowing students to connect with each other, stay active, and contribute to a positive, supportive environment.