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| <b>Title:</b><br><b>You've got this!</b> | <b>Catchphrase:</b><br><b>Focus beyond - Mana Tu, Mana Toa, Mana Ake Ake.</b> | <b>Value:</b><br><b>Overcoming</b> |
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### Health & PE

#### PERSONAL HEALTH & PHYSICAL DEVELOPMENT

Students will:

- L3: *Personal growth and development:* Identify factors that affect personal, physical, social, and emotional growth and develop skills to manage changes. (Specifically in relation to overcoming difficult situations).
- L3: *Safety management:* Identify risks and their causes and describe safe practices to manage these. (Specifically in relation to creating an obstacle course for younger students within the school)

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| <b>Values:</b> Students will be encouraged to value...<br><input checked="" type="checkbox"/> Excellence<br><input type="checkbox"/> Innovation, inquiry, and curiosity<br><input type="checkbox"/> Diversity<br><input type="checkbox"/> Equity<br><input type="checkbox"/> Community and participation<br><input type="checkbox"/> Ecological sustainability<br><input checked="" type="checkbox"/> Integrity<br><input type="checkbox"/> Respect | <b>Key Competencies</b><br><input type="checkbox"/> Using Language, Symbols and Text<br><input type="checkbox"/> Thinking<br><input checked="" type="checkbox"/> Participating and Contributing<br><input type="checkbox"/> Relating to others<br><input checked="" type="checkbox"/> Managing Self | <b>Resources</b><br>Vision Board Printables - just a few<br><a href="https://thecrazycraftlady.com/vision-board-printables/">https://thecrazycraftlady.com/vision-board-printables/</a><br><a href="https://www.carrieelle.com/vision-board-printable-quote-cards/">https://www.carrieelle.com/vision-board-printable-quote-cards/</a><br><a href="http://simplybessy.com/2020/01/10/vision-board-printables-inspirational-words-and-phrases/">http://simplybessy.com/2020/01/10/vision-board-printables-inspirational-words-and-phrases/</a> |
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|                   | <b>Mashy GFX</b>  | <b>Catchphrase</b>  | <b>3MD</b>  |
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| <b>Activities</b> | <ul style="list-style-type: none"> <li>• Discussion prompts</li> <li>• Design a Ninja Warrior type obstacle course for younger students, taking into consideration safety, abilities, and available equipment.</li> </ul> | <ul style="list-style-type: none"> <li>• Discussion prompts</li> <li>• Colouring page</li> <li>• Picture this - visualising beyond the difficult situation around you.</li> </ul> | <ul style="list-style-type: none"> <li>• Discussion prompts</li> <li>• Instructions for Jacob's Ladder</li> </ul> |

## Activity Breakdown

These activities are grouped with the relevant videos, however they could be used at anytime.

### **Mashy GFX**

- Chat Prompts: *We are learning that we all have thoughts and opinions about what we watch, see, and hear.*

Either as a large group, several small groups, or pairs, allow students to respond to these prompts for discussion. (See attached sheet - a)

- Overcome the Obstacles: *We are learning to consider the abilities and safety of younger students while creating an obstacle course that will challenge them to be 'overcomers'.*

Students will use equipment found around the school to design and build a obstacle (Ninja Warrior) course for the younger students. They will need to consider the capabilities of these students, any limitations or differently abled needs, as well as managing any risk elements, while providing the younger students the opportunity to overcome challenges and test their skills. (See attached worksheet - b).

### **Catchphrase**

- Chat Prompts: *We are learning that we all have thoughts and opinions about what we watch, see, and hear.*

Either as a large group, several small groups, or pairs, allow students to respond to these prompts for discussion. (See attached sheet - c)

- Colouring Page: *We are learning to promote the importance of overcoming by focussing beyond.*

Students use the colouring page to create a poster which promotes focussing beyond in order to overcome. (See attached sheet - d)

- Vision Board: *We are learning to 'picture/visualise' beyond the situation immediately around us to help us be 'overcomers'.*

Choosing one scenario from a given range, students will focus beyond the situation and create a vision board that shows/illustrates what life could be like once overcoming the situation.

(See attached sheet - f)

### **3MD**

- Chat Prompts: *We are learning that we all have thoughts and opinions about what we watch, see, and hear.*

Either as a large group, several small groups, or pairs, allow students to respond to these prompts for discussion. (See attached sheet - g)

- Over and Over: *We are learning to make a Jacob's Ladder.*

Students use simple and easy to find items to make a Jacob's Ladder. (See attached worksheet - h)