

## Prior Learning

Worked as part of a team. Become more coordinated to perform tasks. Thrown and caught a variety of objects. Become flexible when performing actions. Linked different actions to make a sequence.

## Unit Focus

Developing wellbeing through various activities based around the '5 ways to wellbeing'. Develop collaboration and teamwork skills, as well as learning things about friends they may not have known before. Understand the importance of wellbeing and ways to help their own wellbeing through different activities.

## We are learning...

1. to improve hand-eye coordination through ball skills.
2. how yoga can help our mental wellbeing.
3. to copy and repeat actions from martial arts and aerobics.
4. how paying attention and listening are key to mindfulness.
5. to connect with others to complete a difficult set of tasks.
6. to act out a scene to entertain our classmates.

## Key Questions

1. What is wellbeing?
2. What are some of the things that make up mindfulness?
3. Why does connecting with other people help us feel better?

## Equipment

Small objects to throw (e.g., bean bags, soft balls), cones, music player, music, hoops, and throw-down spots.

## Vocabulary

Physically active, give to others, mindfulness, connection, learn new skills, act, improvisation, meditation, surroundings, suggestion.

## Concepts

### 5 Steps to wellbeing:

1. Connect with others
2. Be physically active
3. Learn new skills
4. Give to others
5. Take notice/mindfulness

## Assessment overview

**Head** – Show confidence to improvise and act out a scenario.

**Hand** – Show balance and control in different yoga poses.

**Heart** – Show perseverance and determination when learning new skills.

