

1. About this unit.

In this unit, we were training for the race of warriors. We also trained first-graders and others.

2. Adventure challenge: Unpacking the statement :

The statement we explored in this unit is that teams can adopt a variety of strategies to solve problems and support human progress. This can mean that teams (groups of people that work together) can use or try out several different ways to solve problems and to help humans get better at something or simply stay good.

3. Activities:

I was part of a team with 6 other G5. Mr David told us that the school wasn't moving enough so we would have to fix up a training to try and get them moving. When our team heard that we were going to be training the Grade 1's we we had a planning meeting. We decided to take it down a level. The activity was originally jumping from hoop to hoop holding weights and then moving on to dodgeball , but we decided as a team that this was too much for the first graders so we took it down a level and removed the weights, we kept the dodgeball and also moved the hoops farther together.

4. Purpose:

The activities we did for the grade 1s were organised because the school wasn't moving enough and so we designed activities to get them moving. Some of the activities that we did in class were; stuck in the mud, relay races and fitness circuits. To explore our statement, we used these activities to help get BCIS moving (and support their own human progress).

5. Learner profile

We used all of the learner profiles in this unit. In my opinion, the ones that we used the most were:

- Principled because we were planning when we were supposed to be planning, and not playing.
- Open-Minded: We had to be open-minded because a lot of people had a lot of ideas, we had to listen to each other and put them together

6. Evaluation:

What worked well: In the training, the hoop activity almost everyone did correctly. I think this is because we explained the rules, and we made it extremely clear and simple for the age group.

What needs work to be better: Dodge ball is still a little bit too complicated for the first graders because they've just started ES. Next time we should probably just partner them up and let them throw the ball to each other. (Throw and catch).

7. Connection: How my learning can be applied to my life.

Most Importantly, the way that all of this connects to our life is that this is to keep us healthy now, and when we are older, because if we aren't moving enough then we will get unhealthy and fat and so this unit helped us stay healthy. We also all have a responsibility to raise awareness like we did to G1 and help others to see how they can live a healthier life and be principled. I will apply this learning in my life by helping raise awareness to myself and others.