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WAYI SCHOOL

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Voice • Choice • Independence

## Unit Planner Term 3

2023

Moving Minds



*To empower and inspire every  
member of our learning community.*

"Wayi" is a Woi-wurrung word of the Wurundjeri people meaning 'us'. We work together, in partnership, supporting our students as a team. We know that our students benefit from the efforts, expertise, and commitment from all of 'US' - inclusive of family, educators, and community.



## Moving Minds

The first 30 minutes of the school day are dedicated to Moving Minds.

Moving Minds promotes physical activity and supports regulation. There is a wealth of evidence that increasing students' physical activity is directly connected to improved academic outcomes. The benefits of being active at school include improvements in the following:

- classroom behaviour
  - brain function
  - concentration
- learning outcomes
  - motivation
- social interactions
  - physical health
- emotional and psychological well-being

Each class participates in an activity for two weeks. Extra staff will be available to support students' engagement and participation in the activity.

<b>MOVING MINDS TIMETABLE</b>						
	<b>Weeks 1 &amp; 2</b>	<b>Weeks 3 &amp; 4</b>	<b>Week 5 &amp; 6</b>	<b>Week 7 &amp; 8</b>	<b>Weeks 9 &amp; 10</b>	<b>Weeks 11 &amp; 12</b>
<b>Activity 1</b>	Rooms 1 & 2	Rooms 1 & 2	Rooms 17 & 18	Rooms 15 & 16	Rooms 11 & 12	Rooms 10 & 13
<b>Activity 2</b>	Rooms 3 & 4	Rooms 3 & 4	Rooms 1 & 2	Rooms 17 & 18	Rooms 15 & 16	Rooms 11 & 12
<b>Activity 3</b>	Rooms 5 & 6	Rooms 5 & 6	Rooms 3 & 4	Rooms 1 & 2	Rooms 17 & 18	Rooms 15 & 16
<b>Activity 4</b>	Rooms 10 & 13	Rooms 10 & 13	Rooms 5 & 6	Rooms 3 & 4	Rooms 1 & 2	Rooms 17 & 18
<b>Activity 5</b>	Rooms 11 & 12	Rooms 11 & 12	Rooms 10 & 13	Rooms 5 & 6	Rooms 3 & 4	Rooms 1 & 2
<b>Activity 6</b>	Rooms 15 & 16	Rooms 15 & 16	Rooms 11 & 12	Rooms 10 & 13	Rooms 5 & 6	Rooms 3 & 4
<b>Activity 7</b>	Rooms 17 & 18	Rooms 17 & 18	Rooms 15 & 16	Rooms 11 & 12	Rooms 10 & 13	Rooms 5 & 6

## MOVING MINDS ROTATIONS TERM 4

	Activity	Resources and location of resources	Location of activity
<b>Activity 1</b>	<b>Just Dance</b> Choose appropriate 'Just Dance' videos for student age/ appropriateness.	Resource: YouTube Website	Classroom
<b>Activity 2</b>	<b>Cosmic kids Yoga</b> Choose appropriate 'Cosmic kids Yoga' videos for student age/ appropriateness.	Resource: Youtube Website	Classroom
<b>Activity 3</b>	<b>Line tag</b> Choose one student in your class to be the 'tagger' Students are only to move around the basketball court on the lines. Each game to go for 2 minutes and then change tagger	Video Link: <a href="#">P.E. Games - Line Tag - YouTube</a>  Video explains the game and rules for all age levels.	Basketball court/ Gym (if raining)
<b>Activity 4</b>	<b>Bean Bag Toss</b> Primary – target practice using a hoola hoop small, middle large Secondary – how far can you throw? Measure the distance	Video Link:  <a href="#">How to play Bean Bag Toss - YouTube</a>  Video explains the games and rules Resources: hoola hoops and bean bags	Basketball Court / Gym (if raining)
<b>Activity 5</b>	<b>Full body fitness exercise</b>	Video link:  <a href="https://www.youtube.com/watch?v=EldigduNbs">https://www.youtube.com/watch?v=EldigduNbs</a>	Classroom
<b>Activity 6</b>	<b>8 super fun balance and coordination exercises for kids</b>	Video link:  <a href="https://www.youtube.com/watch?v=0cddsEaYMqg">https://www.youtube.com/watch?v=0cddsEaYMqg</a>	Classroom
<b>Activity 7</b>	<b>Tunnel Ball / Over and Under ball</b>	Video Link  <a href="#">Section Tunnel Ball Competition in aid of Jeans for Genes Day - YouTube</a> Video explains the game and rules Resources – Two cones and two exercise balls	Oval (Gym if raining)

