**MODULE OVERVIEW**

**ABOUT THIS MODULE**

Growth mindset is developed through experience, struggle, failure, and triumph. Minute to Win challenges are designed to be a safe place for students to experience and understand this journey.

This short module offers students fun team-based activities that will help them set a baseline performance and then actively engage to grow and improve. In addition, journal pages accompany each of the 4 suggested lessons, offering students an opportunity to reflect on the lessons learned and internalize their own mindset journey.

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**PRIORITY OUTCOMES**

**Personal Challenge:**

* **(Grade 3)** Discusses the challenge that comes from learning new physical activities.
* **(Grade 4)** Rates the enjoyment of participating in challenging and mastered physical activities.
* **(Grade 5)** Expresses the enjoyment and challenge of participating in a favorite physical activity.
* **(Grade 6)** Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback, and/or modifying the tasks.
* **(Grade 7)** Generates positive strategies such as offering suggestions/assistance, leading/following others, and/or providing possible solutions when faced with a group challenge.
* **(Grade 8)** Develops a plan of action and makes appropriate decisions based on that plan when faced with a challenge.

**SUGGESTED BLOCK PLAN**

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| **Lesson #** | **Activities** | **Suggested Academic Language** |
| 1 | BEANBAG CHALLENGE DAY  Balancing Act  Cone Catcher  Hoop It Up | Growth Mindset, Failure, Challenge |
| 2 | HOOP CHALLENGE DAY  Spinner Winner  Hoop Toss  Chopstick Noodles | Feedback, Coachable,  Support System |
| 3 | PING PONG CHALLENGE DAY  Egg Toss  Ball Drop  Balancing Spoons | Motivation, Inspiration, Celebrate |
| 4 | MINUTE TO WIN TRIAL DAY  All challenges set up for  back-to-back trials. | Review Academic Language Words |