**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.

**TABLE OF CONTENTS**

|  |  |
| --- | --- |
| **RESOURCE** | **Number of Pages** |
| Module Overview | 2 pages |
| Required Materials List | 1 page |
| **Activity Plans** |
| **BEANBAG CHALLENGES** |  |
| Balancing Act | 2 pages |
| Cone Catcher  | 2 pages |
| Hoop It Up | 2 pages |
| **HULA HOOP CHALLENGES** |  |
| Spinner Winner | 2 pages |
| Hoop Toss | 2 pages |
| Chopstick Noodles | 2 pages |
| **PING PONG BALL CHALLENGES** |  |
| Egg Toss | 2 pages |
| Ball Drop | 2 pages |
| Balancing Spoons | 2 pages |
| **Instructional Resources** |
| Sample First Lesson Plan | 2 pages |
| Academic Language Posters | 9 pages |
| Challenge Scorecards | 4 pages |
| Universal Design Adaptations | 1 page |
| **Student Assessment Tools** |
| Self-Assessment Worksheet | 1 page |
| Growth Mindset Journal Pages | 4 pages |
| Holistic Performance Rubric | 1 page |
| Academic Language Quiz | 1 page |
| **Teacher Tools** |
| Teacher Self-Evaluation & Reflection Guide | 1 page |

**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 DAYBalancing ActCone CatcherHoop It Up | Growth Mindset, Failure, Challenge |
| 2 | HOOP CHALLENGE DAYSpinner WinnerHoop TossChopstick Noodles | Feedback, Coachable,Support System |
| 3 | PING PONG CHALLENGE DAYEgg TossBall DropBalancing Spoons | Motivation, Inspiration, Celebrate |
| 4 | MINUTE TO WIN TRIAL DAYAll challenges set up forback-to-back trials.  | Review Academic Language Words |