



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

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