

Mission: Resilience

To help pupils keep going and not give up.



Tools required:

Balls or beanbags, hula hoops, skipping ropes.



Special Agent Action:

Explain that the aim is for the players to show resilience and not give up.

Help players choose an activity to challenge themselves by letting players have a go and then agreeing a new target. Each day they can practice and aim for their target.

If they reach it, set a new one with them.



Making the activity easier or harder:

Some activities will be easier than others for players.

Make sure players set a target that is possible with lots of practice.



Support Team Members:

Help Special Agents set up challenges. Interview pupils about their challenges and write a piece for the school newsletter or website.

Organise fun activities for pupils to take part in (see Mission: Movement activity card).

Keepy-uppies

Players use a ball or bean bag (it does not have to be a football) and keep it off the floor by kicking it up in front of their body with control. How many can you do now without it touching the floor?

What's your new target? – Make it challenging and don't give up!



Hula Hoop

Using a hula hoop, how long can you hula for with the hoop around your waist, without it dropping to the floor?

How long are you aiming to do it for?

Make it challenging and don't give up!



Skipping

Using a single rope, decide how you will skip such as two footed jumps, single footed, hopping on one leg, crossing arms?

How long can you do it before getting in a tangle? – Make it challenging and don't give up!



Running

Join in The Daily Mile and get running!

How far can you go without walking? Try and alternate running and walking, slowly lessening how much you walk. Make it challenging and don't give up!

