

Adventure Challenge

Adventure challenge is the first unit of PE in this school year, as lots of amazing and spectacular things had happened.

This is a powerful unit, full of teamwork, problem solving, and independence. The central idea of this unit is about teams adopting various ways for problem solving to support human progress, which means the roles of responsibilities in a group challenge, and solving problems within a group. Attaching to the central idea, we need to use a lot of teamworks for our exercises, and be thinkers as adopting various ways for problem solving. There's also a very important purpose for this unit, which is about people not moving so much, and causing bad consequences such as obesity, fatnesses, and unhealthiness. So by exercising a lot, and creating exercising programs can lead us to be more physical literate. Our year long unit is just physical literacy, which included moving with competence, and moving with confidence. In adventure challenge, it connects to physical literacy very well, because we need to move with confidence and competence for our exercises to make it successful. At the end of this unit, we had a race of warriors, it is a race for all grade 5 with many kinds of exercises, and each class is broke into 4 groups (teams of a, b, c, and d), so every team needs to find each person's strength to make this race more successful. For every recess, there's also a team that can design their own physical literacy exercise that other students can play. In our team, it didn't went so well, because the directions were not clear, but once we know our weaknesses, we can improve it in other activities.

Adventure challenge is a very purposeful unit, so we don't just learn it, pretend nothing had happened, and then forget it. It's also very important to apply it outside of PE and into our lives. Firstly, we can apply teamwork skills into our lives, because it could help your communication in a group, and is easier to create ideas and understand other's feelings. Second, it's important to use thinking skills, because very obviously, it can help you to get more better ideas, and can make good choices for yourself. It's also important to be perseverance, because in the race of warriors, my class (5K) has been the last one in every group except for b team which got first place and it's our team, so no matter what other group's scores are, don't care about it, and put your mind on yourselves. We still got last place in our whole class score, but it's okay, it's time to move on to the next chapter, and focus on something else, that's the key to be perseverance.

Thank you