Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	3 Step Dodgeball- 1 tagger, armed with a soft ball. Main rule is that everyone must only take 3 steps, and cannot move after these 3 steps. Once the ball is thrown, everyone may take 3 more steps. If the tagger hits someone with the ball below the shoulders, the person who was hit is not in. Tagger must be more than 1 metre away before throwing the ball at someone.	Soft ball x1
15	Connect	"Hot and Not"- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Planning	Talking object e.g. rubber chicken (if needed to encourage one person talking at a time)
20	Group activity	Wine gum tower: Split the group into two teams. EVERY member must be involved/included and participating. Teams must construct the tallest free-standing tower possible using the wine gums and tooth picks. Give 1 team 5 minutes at the start to plan, and give the other team no time. Make them start building immediately when you say go, and don't let them speak for the whole challenge. So 1 team gets to plan out their tower, and the other must complete it without planning and in silence.	2 Packet of wine gums 2 Packet of Toothpicks
15	Main activity: Craft	Painting the clay pots- the pots should be dry, so this week it's all about painting them! Making them beautiful, and making them represent us! If they represent our goals, this represents our successes- when we're having good times!	Last week's clay pots, Paint, brushes Cups for water (Ice cream container will work?) Tarpaulin or old newspaper to lay down first!
10	Discussion activity/debrief	Reflect, Analyse, Apply What happened? What was it like not getting to plan? So what does it mean? What significance do you think planning had in this activity? Now what can we do differently next time/in our lives? What significance do you think planning could have in our lives?	Workbook: Planning

Purpose: To plan effectively. To look at why planning is important, and discuss how to create an effective plan.

Activity briefs:
3 Step Dodgeball:
Choose 1 tagger, armed with a soft ball. The main rule for this game is that everyone must only take 3 steps at a time per cycle, and cannot move after these 3 steps. Once the ball is thrown, it resets the cycle and everyone may take 3 more steps. If the tagger hits someone with the ball below the shoulders, the person who was hit is now in. Tagger must be more than 1 metre away before throwing the ball at someone.

Equipment: 1 Soft ball

Wine gum tower:
Split the group into two teams. EVERY member must be involved/included and participating. Teams must construct the tallest free-standing tower possible using the wine gums and tooth picks. Give 1 team 5 minutes at the start to plan, and give the other team no time. Make them start building immediately when you say go, and don't let them speak for the whole challenge. So 1 team gets to plan out their tower, and the other must complete it without planning and in silence.

Equipment: 2 packets of Wine gums, 2 packets of toothpicks

Clay pot Painting:
Cover the area being used for painting with old Newspapers or a tarpaulin. The following steps were taken from
http://www.kiddiegardens.com/painting_clay_pots.html

1. Wash the clay pot in warm soapy water to remove any traces of dirt or grease.
2. Cover the table or painting area with newspaper, find paints, paint brushes and a mug of clean water (to clean the paint brushes when swapping colours).
3. When the pot has dried, start painting whatever design you like!
4. Ensure each layer of paint dries thoroughly before adding another colour on top.
5. Allow the painted flower pots to dry out.

And hey presto! you have delightful one-of-a-kind painted clay pot! You can google ideas for specific crafts, but painting is a quick and easy way to decorate the pots!

MAIN ACTIVITY DEBRIEF CYCLE: Workbook- Planning
Sit down in a circle with the group

Reflect
-What happened?
What happened in this activity? What did you have to do? What was the end result?
Analyse
- So what?

Relate/Apply
- Now What?