

When Things Pass Away

Week-Long Physical Education Lesson Plan for Grades 9-12

Theme: *Movement Through Change – Building Resilience, Self-Discovery, and Emotional Well-Being*

Grade Levels: 9-12

Duration: 5 Days

Objective: Engage students in physical activities that mirror the themes of change, resilience, and emotional processing found in *When Things Pass Away*.

Each day includes a warm-up, main activity, reflection discussion, and cool-down. Activities focus on self-awareness, emotional intelligence, teamwork, and critical thinking, reinforcing themes of grief, change, and adaptation in a developmentally appropriate way.

Day 1: "Life is a Journey" (Endurance & Adaptation)

Objective: Teach students that change and endurance go hand in hand through long-term goals and perseverance.

1. Warm-Up (5-7 min):

- "Personal Growth Jog" – Students start walking, gradually increasing pace to a jog or sprint to symbolize personal progress.
- Discuss: "What does movement teach us about persistence?"

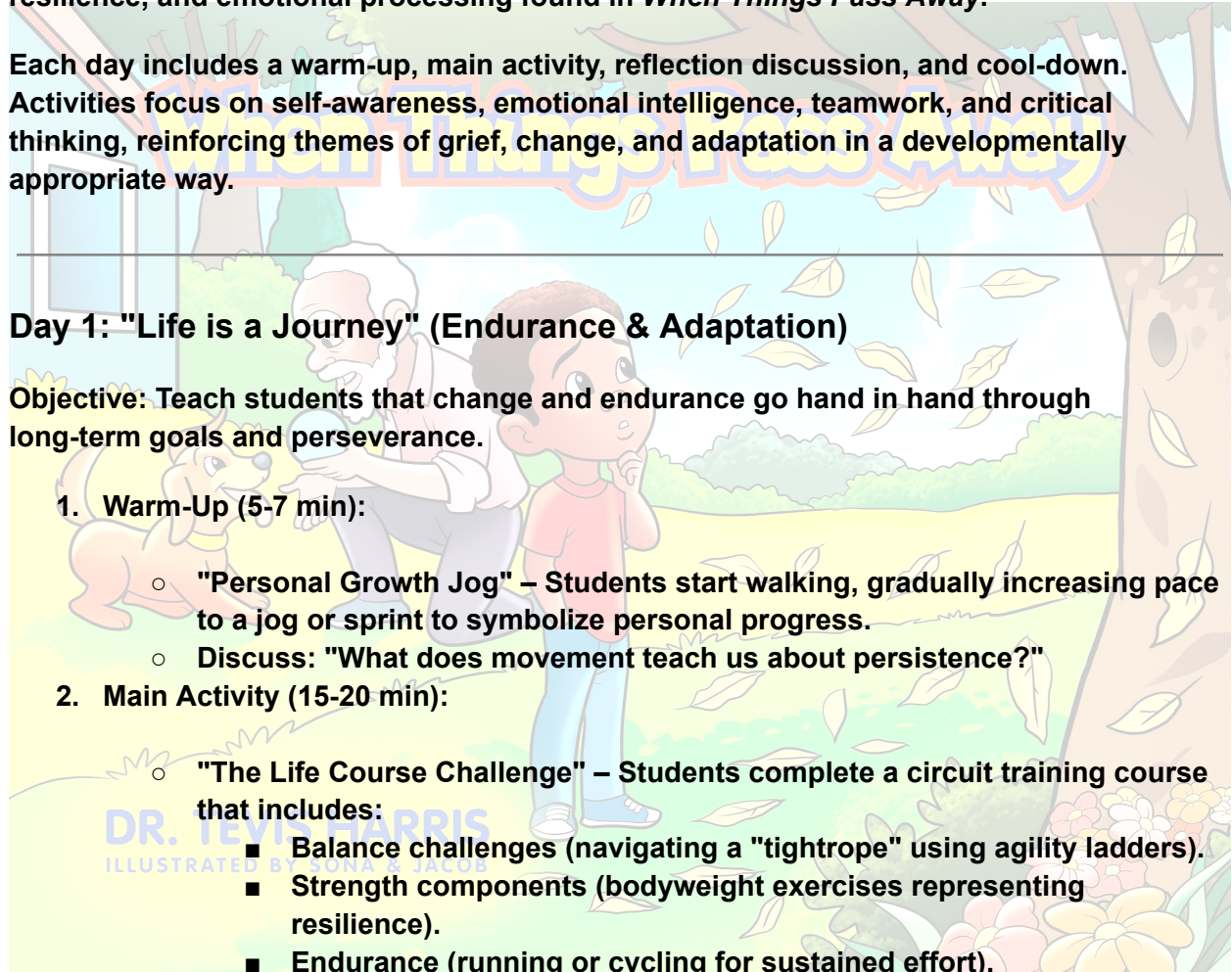
2. Main Activity (15-20 min):

- "The Life Course Challenge" – Students complete a circuit training course that includes:
 - Balance challenges (navigating a "tightrope" using agility ladders).
 - Strength components (bodyweight exercises representing resilience).
 - Endurance (running or cycling for sustained effort).
- Each section represents different life challenges (e.g., grief, new opportunities, setbacks).

3. Reflection Discussion (5 min):

- "How do endurance and patience help us adapt to life's challenges?"
- "What was your hardest moment in the course? How did you push through?"

4. Cool-Down (5 min):



- "Mindful Breathing & Stretching" – Students reflect on their journey while performing dynamic stretches.
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Day 2: "Bridges of Support" (Teamwork & Communication)

Objective: Demonstrate the importance of relationships in overcoming transitions and challenges.

1. Warm-Up (5-7 min):

- "Trust Walk" – In pairs, one person leads their blindfolded partner across the gym using verbal cues, highlighting the importance of trust and guidance.

2. Main Activity (15-20 min):

- "Building Bridges" – Teams must physically construct a bridge using mats, cones, and jump ropes to cross an "emotional divide" (a marked-off section of the gym).
- Challenges will be added (e.g., fewer materials, communication restrictions) to simulate life's unpredictable challenges.

3. Reflection Discussion (5 min):

- "Who are the people that help you cross life's challenges?"
- "How did communication impact your success?"

4. Cool-Down (5 min):

- "Support Stretch" – Partner-assisted stretching with positive affirmations.

Day 3: "Emotional Intelligence in Motion" (Mind-Body Connection & Stress Relief)

Objective: Help students recognize how movement affects emotions and stress management.

1. Warm-Up (5-7 min):

- "Mood-Based Movement" – Students move according to different emotions called out (e.g., fast for excitement, slow for sadness, erratic for frustration).

2. Main Activity (15-20 min):

- "Reaction & Response Training" – Students complete a reaction-based obstacle course:
 - Quick reactions to external stimuli (lights, sounds, partner cues).
 - Focus on managing frustration, improving focus, and staying calm under pressure.
 - Discuss healthy emotional outlets (sports, exercise, meditation, journaling).
3. Reflection Discussion (5 min):

- "What happens to your body under stress?"
- "What physical activities help you process emotions?"

4. Cool-Down (5 min):

- "Guided Progressive Relaxation" – Students tighten and release each muscle group to relieve stress.

Day 4: "Overcoming Life's Obstacles" (Resilience & Growth Mindset)

Objective: Teach students that setbacks are part of progress and overcoming them builds character.

1. Warm-Up (5-7 min):

- "Push-Through Drills" – Partner-resistance exercises (pushing against a partner's hold) to demonstrate perseverance.

2. Main Activity (15-20 min):

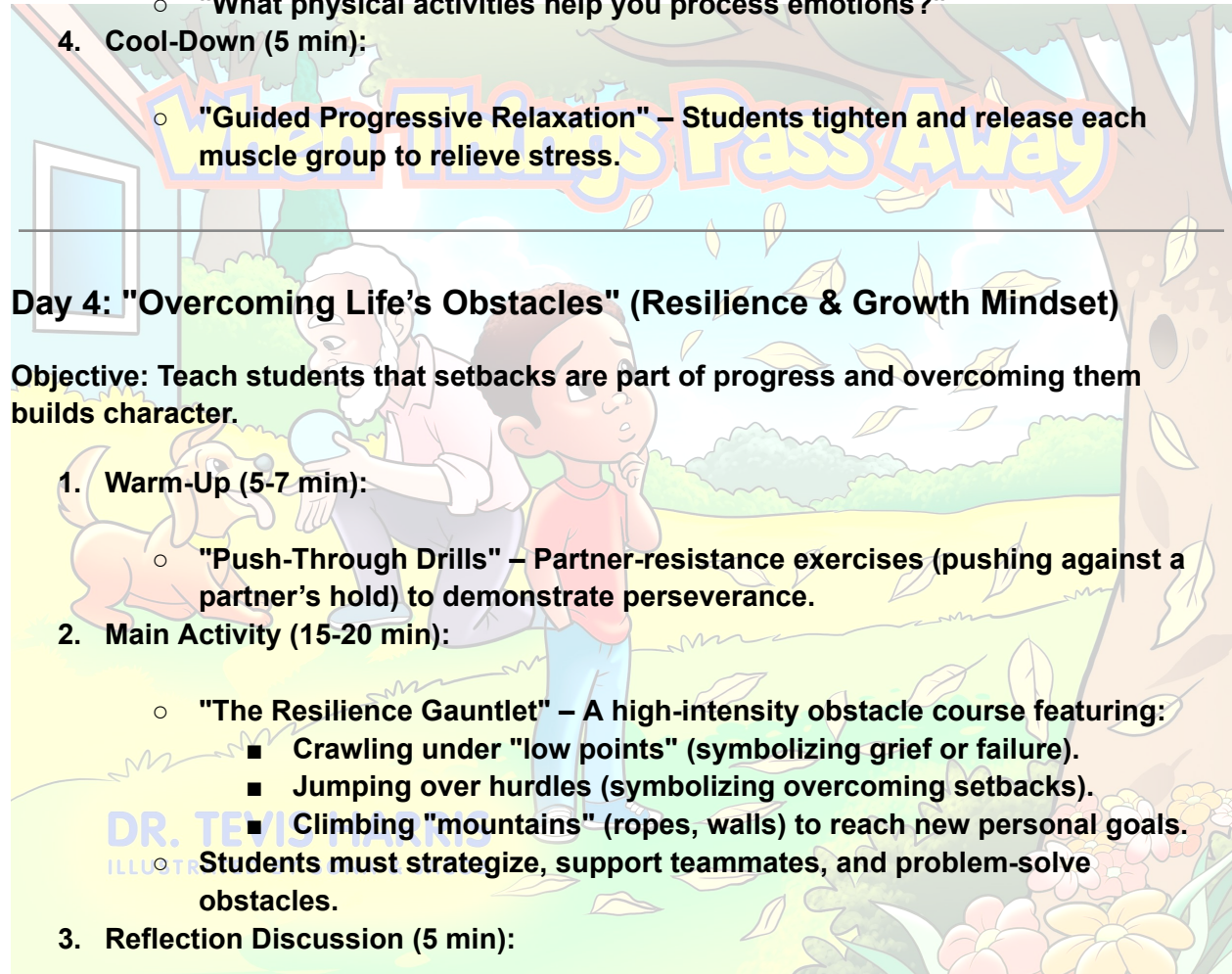
- "The Resilience Gauntlet" – A high-intensity obstacle course featuring:
 - Crawling under "low points" (symbolizing grief or failure).
 - Jumping over hurdles (symbolizing overcoming setbacks).
 - Climbing "mountains" (ropes, walls) to reach new personal goals.
- Students must strategize, support teammates, and problem-solve obstacles.

3. Reflection Discussion (5 min):

- "What strategies helped you push through obstacles?"
- "How does resilience apply outside of PE?"

4. Cool-Down (5 min):

- "Stretching Through Struggles" – Static stretching paired with visualizing personal victories.



Day 5: "Transformation & Growth" (Symbolizing Change & Future Planning)

Objective: Celebrate personal transformation and recognize growth through movement.

1. Warm-Up (5-7 min):

- "Wingspan Exercises" – Wide-arm stretches and lunges to represent expansion and personal growth.

2. Main Activity (15-20 min):

- "Butterfly Effect Relay" – Teams start as "caterpillars" (small, low-impact movements).
- At checkpoints, they "transform" (higher energy, bigger movements) until they reach the final phase as "butterflies" (dynamic, confident motions).
- Each student shares one lesson from the week before crossing the final finish line.

3. Reflection Discussion (5 min):

- "How have you grown physically, mentally, or emotionally this week?"
- "What does transformation mean to you?"

4. Cool-Down (5 min):

- "Floating Meditations" – Gentle yoga-inspired movements paired with deep breathing.

Assessment & Reflection:

- **Observations:** Are students actively engaged in teamwork, emotional regulation, and physical resilience?
- **Discussion Responses:** Do students make meaningful connections between movement and life changes?
- **Exit Ticket (Optional):** Write or discuss:
 - "Describe one movement from this week that represents personal growth."

This 5-day high school PE unit blends physical challenges with emotional intelligence, problem-solving, and resilience-building, reinforcing the core themes of *When Things Pass Away* in a meaningful and active way.