

<b>1. Activity title</b>	<b>Dynamic Gymnastic: Living Sculptures</b>		
<b>2. Target group</b>	Ages 12 - 18		
<b>3. Duration</b>	60-90 minutes (adjustable based on the group size and desired level of engagement)		
<b>4. Learning Environment</b>	Open space in a gymnasium or a large room with enough room for participants to move freely		
<b>5. Learning outcomes</b>	The objective of this team-building activity is to promote collaboration, coordination, and trust among participants as they work together to create dynamic group formations inspired by gymnastics.		
<b>6. Subjects and topics covered</b>	It is possible to select any school subject or music as input to the activity. It is better to focus on 1 single topic. If it is a SEL topic, the choice of the music as inspiration should be followed at reflection step, by specification of emotions represented by the groups.		
<b>7. SEL competences</b>	<table border="0"> <tr> <td style="vertical-align: top;"> <p><b><u>PERSONAL</u></b></p> <p><b>▲ Identifying and expressing emotions</b></p> <p><input type="checkbox"/> Self-regulation</p> <p><input type="checkbox"/> Identifying strengths/self efficacy</p> <p><input type="checkbox"/> Growth mindset</p> <p><input type="checkbox"/> Wellbeing</p> <p><input type="checkbox"/> Dealing with negative emotions</p> <p><input type="checkbox"/> Flexibility/resilience/problem solving</p> </td> <td style="vertical-align: top;"> <p><b><u>SOCIAL</u></b></p> <p><input type="checkbox"/> Empathy</p> <p><input type="checkbox"/> Appreciating diversity</p> <p><b>▲ Relationship building</b></p> <p><input type="checkbox"/> <b>Collaboration</b></p> <p><input type="checkbox"/> Conflict resolution</p> <p><input type="checkbox"/> Ethical and responsible behavior and decisions</p> <p><input type="checkbox"/> Dealing with negative relationship such as bullying solving</p> </td> </tr> </table>	<p><b><u>PERSONAL</u></b></p> <p><b>▲ Identifying and expressing emotions</b></p> <p><input type="checkbox"/> Self-regulation</p> <p><input type="checkbox"/> Identifying strengths/self efficacy</p> <p><input type="checkbox"/> Growth mindset</p> <p><input type="checkbox"/> Wellbeing</p> <p><input type="checkbox"/> Dealing with negative emotions</p> <p><input type="checkbox"/> Flexibility/resilience/problem solving</p>	<p><b><u>SOCIAL</u></b></p> <p><input type="checkbox"/> Empathy</p> <p><input type="checkbox"/> Appreciating diversity</p> <p><b>▲ Relationship building</b></p> <p><input type="checkbox"/> <b>Collaboration</b></p> <p><input type="checkbox"/> Conflict resolution</p> <p><input type="checkbox"/> Ethical and responsible behavior and decisions</p> <p><input type="checkbox"/> Dealing with negative relationship such as bullying solving</p>
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<b>8. Method / Didactic techniques</b>	Group work, discussion, presentation, body-mind awareness		
<b>9. Tools / Materials / Resources</b>	Only music, if desired		
<b>10. Detailed description of the step-by-step</b>	It's important to prioritize safety during the activity. Ensure participants are aware of their physical limits and avoid attempting maneuvers		



<p><b>description of the activity / sequences of the units</b></p>	<p>beyond their abilities. Encourage them to support and assist each other throughout the activity.</p> <ol style="list-style-type: none"><li>1. Introduction (5 minutes):<ul style="list-style-type: none"><li>- Gather all participants and explain the purpose of the activity: to create dynamic group formations inspired by gymnastics that require teamwork, coordination, and trust.</li><li>- Emphasize the importance of effective communication, mutual support, and creativity during the activity.</li></ul></li><li>2. Warm-up (10 minutes):<ul style="list-style-type: none"><li>- Lead the participants through a brief warm-up routine to stretch their muscles and prevent injuries.</li><li>- Include exercises that promote flexibility, balance, and core strength.</li></ul></li><li>3. Team Formation and Discussion (5 minutes):<ul style="list-style-type: none"><li>- Divide the participants into small teams of 4-6 people each.</li><li>- Encourage each team to discuss and decide on a theme or concept for their gymnastic sculpture formation. It can be a shape, an object, a word, or an abstract idea.</li><li>- Remind teams that they will need to collaborate and communicate effectively to bring their formations to life.</li></ul></li><li>4. Formation Planning and Rehearsal (25 minutes):<ul style="list-style-type: none"><li>- Give the teams time to plan and practice their gymnastic formations.</li><li>- Encourage them to experiment with different body positions, levels, and transitions to create visually captivating sculptures.</li><li>- Advise teams to consider the flow, symmetry, and aesthetics of their formations.</li></ul></li><li>5. Showcase and Reflection (15 minutes):<ul style="list-style-type: none"><li>- Gather all teams in a designated performance area.</li><li>- Each team takes turns presenting their gymnastic sculpture formation to the rest of the participants.</li><li>- Encourage other participants to observe and appreciate the efforts of each team.</li><li>- After each performance, provide a few minutes for the team to reflect on their experience, sharing their learnings, challenges, and achievements.</li></ul></li><li>6. Collaborative Sculpture (20 minutes):<ul style="list-style-type: none"><li>- In this part, all teams collaborate to create a large-scale group formation.</li></ul></li></ol>
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	<ul style="list-style-type: none"> <li>- Instruct the teams to connect their formations in a way that allows for seamless transitions between them, forming an interconnected sculpture.</li> <li>- Encourage teams to communicate, coordinate, and make adjustments to ensure smooth transitions.</li> </ul> <p>7. Conclusion and Discussion (5 minutes):</p> <ul style="list-style-type: none"> <li>- Wrap up the activity by leading a short discussion on the importance of teamwork, communication, and trust in achieving successful gymnastic sculptures.</li> <li>- Allow participants to express their thoughts, feelings, and observations during the activity.</li> <li>- Highlight the transferable skills and lessons learned, such as collaboration, adaptability, and problem-solving.</li> </ul>
<p><b>11. Extension / Take home activity</b></p>	<p><i>NO</i></p>
<p><b>12. Feedback &amp; assessment</b></p>	<p>Shared reflections and discussions. If included in a SEL learning path it can be extended to a SEL diary of self-reflections.</p>
<p><b>13. Intellectual property rights (IPR) / Origin of the activity</b></p>	<p>CC Attribution-NonCommercial-NoDerivatives 4.0 International / University Ca' Foscari Venezia</p>