





# Healthy Heads Lesson Plan

Respect - Year 3/4

- Our Aim:**
- I can understand what respect means and why I should be respectful
  - I can find examples of respect in sport and determine how I can show respect during sport
  - I can demonstrate showing respect during physical activity

<b>Lesson Topic:</b> Respect	
<b>Age:</b> Year 3/4	<b>Duration:</b> 30 min classroom + 30 min practical
<b>Links to PSHE curriculum:</b> <ul style="list-style-type: none"><li>- Recognising and caring for other peoples feelings</li><li>- How our actions can affect ourselves and others</li></ul>	<b>Notes on the class:</b> <p>Gain overview of class - discussion with teacher.</p> <p>SEND      Medical      Behaviour      Other</p>
<b>Resources</b> <p><b>Theory:</b> respect presentation, paper, respect task 2 handout</p> <p><b>Practical:</b> cones, bibs, dodgeballs, beanbags, hoops</p>	
Organisation/Diagrams	Teaching Points/Questions
<p><b>Theory</b></p> <p><u>Introduction</u></p>  <p><u>What does respect mean?</u></p> 	<p>Introduce topic</p> <p>Set classroom expectations</p> <p>Share learning objectives</p> <p><b>Ask:</b> Would anyone like to try and say what respect means?</p> <p><b>Note:</b> Children will likely give examples here. What's the definition?</p> <p>Read description from slide. Make links to the examples that the children may have given.</p>



**Ask:** Why should we be respectful?

**Explain:** If you are respectful to someone else, your actions will give them good feelings. That's how we build connections and make friends.

Furthermore, we can build mutual respect and that means other people will respect you back.

Give example - 'if you help someone at lunchtime if they've fallen over, what might they do for you the next day if you fall?' ... 'if you listen to a friend when they are speaking to you, what might they do for you when you would like to speak?'

Task 1

Handout: paper

1. Make a list of everyone that has shown you respect

2. Why did you add them to your list?

Share task 1 as shown on the slide.

**Explain:** The people on your list can be from many different environments. It could be people you see in school or at home or in other places too.

Part way through the task, remind children to think of why they've put them on their list.

Respect in sport

[https://www.youtube.com/watch?v=Zj6YFZv\\_Yts](https://www.youtube.com/watch?v=Zj6YFZv_Yts)

**Explain:** Rugby is a very respectful sport. Players, coaches, referees, supporters all show respect to each other.

**Ask:** Can you spot any examples of respect in this video?

Play the video through the link provided.

**Ask:** Did you spot any examples of respect in this video?

Examples of correct answers:

- Players shaking hands with each other
- Players and referees helping an injured player
- A player making sure a 11 year old boy is returned to his parents safely
- Players kneeling and shaking hands with the French President
- Players helping a 4 year old boy score a try during a charity rugby match

How else do rugby players show respect?



Clapping the other team



National anthems

**Explain:** Rugby players clap the other team and are also quiet during the national anthems sung by their opponents. There are many examples of respect in rugby.

## Task 2

Handout: respect task 2 resource

1. Your group will receive a sport to focus on
2. How do people show respect when playing that sport?



Name: Healthy Heads Playground Game

Picture:



Share task 2 as shown on the slide. Split the children into small groups and give each group a game or a sport to focus on. Can they complete the worksheet together?

Examples of sports/games and correct answers:

- Skipping - Holding the rope for someone, giving people turns, not spinning the rope too fast
- Basketball - Passing to teammates, Shaking hands with the other team.
- Golf - Being quiet when someone else is taking their turn, looking after the grass, counting the score properly.

## Conclusion

What's important?



That we show respect to people every day



If we respect others, they will respect us in return

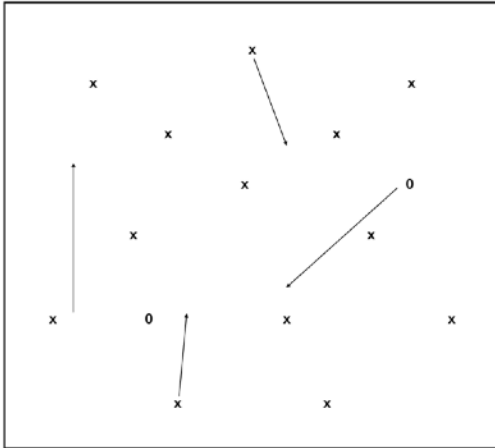


Share conclusions as shown on the slide.

Prepare children for practical. Emphasise that children will practise and discuss respect during the practical.

## Practical

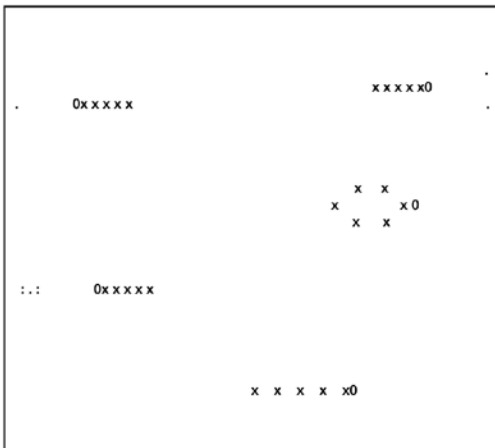
### Activity 1 - Stuck in the mud



Key: Runners - x Tiggers - 0

All children must run around inside the designated area, trying to not get caught by the 'tigger'. The 'tiggers' must run around and tag the other children with a dodgeball. Once tagged, children will be 'Stuck in the mud' and must stand in an 'open star' position. Children must try to get others back in the game by going under their arm.

### Activity 2 - Respect activity circuit



Key: Children - x Ball - 0 Target - . or :

Split children into small groups and assign each group to a station. Station ideas can vary from rolling type stations, to throwing underarm or overarm to a target, kicking to a target, team passing etc. Groups to take part in each activity for 2 minutes, for example and then move onto the next station following the end of the time limit.

## Conclusion

Remind children of learning and share rewards i.e Dojos.

Progression 1 - Add extra 'tiggers'

Progression 2 - 'Tiggers' can now throw the ball

### Teaching point:

**Ask:** How can we be respectful during this game?

Examples of correct answers:

- Looking where they are going to avoid collisions
- Not 'tiggering' people too hard
- Releasing others from being 'stuck'
- Saying thank you when released from being 'stuck'
- Not making too much noise when playing by screaming

Progression 1: Move targets further away or make them smaller

Progression 2: Change the type of object thrown to something more difficult i.e. small hoop

### Teaching point:

**Ask:** How can we be respectful at each station?

Examples of correct answers:

- Pass the ball carefully to teammates
- Help each other improve at each station
- Don't push in the line
- Be ready when the teacher instructs to stop the activity