
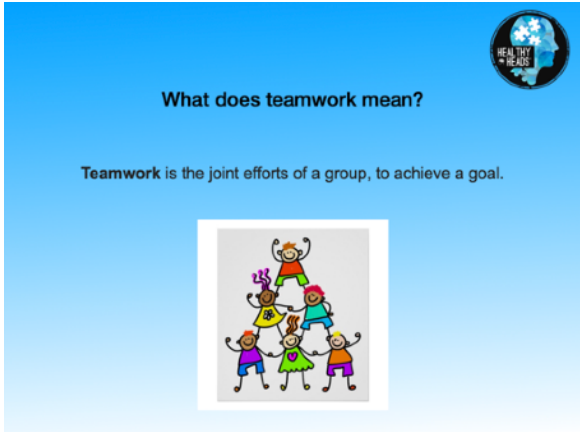




# Healthy Heads Lesson Plan

## Teamwork - Year 3/4

- Our Aim:**
- I can understand what makes a good team mate
  - I can apply teamwork skills to complete tasks
  - I can demonstrate being a good team mate during physical activity

<b>Lesson Topic:</b> Teamwork	
<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>- How to manage appropriate responses to a wider range of feelings in others</li><li>- How to collaboratively work towards shared goals</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> teamwork presentation, teamwork task 1 resource, building blocks</p> <p><b>Practical:</b> cones, bibs, dodgeballs</p>	
Organisation/Diagrams	Teaching Points/Questions
<p><b>Theory</b></p> <p><u>Introduction</u></p> 	<p>Introduce topic</p> <p>Set classroom expectations</p> <p>Share learning objectives</p>
<p><u>What does teamwork mean?</u></p> 	<p><b>Ask:</b> What does teamwork mean?</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>

**What makes a good team mate?**



Including every person      Helping others



Being supportive      Being kind to our team mates

**Ask:** What makes a good team mate?

Read descriptions from slide



Give example - 'if you pass the ball to people you are helping and including someone' ... 'if someone makes a mistake then you are encouraging that person instead of blaming them'

**Explain:** There are many opportunities to do these things each and every day.

Task 1

Handout: teamwork task 1 resource

**Which team can put the pictures together the fastest?**

Share task 1 as shown on the slide. Split the children into small groups and give each group cut out pieces of each picture. Can children work together to put the pictures together correctly?

**Note:** Encourage children to include every person in their team when putting the pictures together.

**Why was it important to work together with your team?**



We can learn new things

We can get the task done quicker and better by sharing jobs

We can make new friends

**Ask:** Why was it important to work together with your team mates?

**Explain:** If you worked together during this task, you could have learned which piece was supposed to go where sooner, which would have helped your team finish faster.

Furthermore, by sharing jobs this would have also helped, as it would have taken one person longer to complete all four pictures.

When you work together with others, you should include everybody, help each other, be kind. These are the types of things you'll do with your friends and when making new friends too.

## Task 2

### Handout: building blocks

Who can build the tallest tower in 2 minutes?



Share task 2 as shown on the slide. Give each child one or two building blocks and state they must build their tower the tallest, using only the blocks they have.

**Note:** Children should realise that working together with others nearby will help them to build their tower taller. Prompt if needed.

**Pause the activity part-way through to offer help**

**Ask:** What can you do to be a good team mate when building your tower in groups?

Examples of correct answers:

- Including everyone and making sure each person has the chance to put a block on the tower.
- Ask another person their opinion regarding the best way to build the tower
- Listen to their opinion
- Give help to someone where possible
- If the tower falls, be resilient, start again
- Encourage a team mate if they cause the tower to fall

## Conclusion

So what's important?



That we work together with others



We should try to be the best team mate that we can

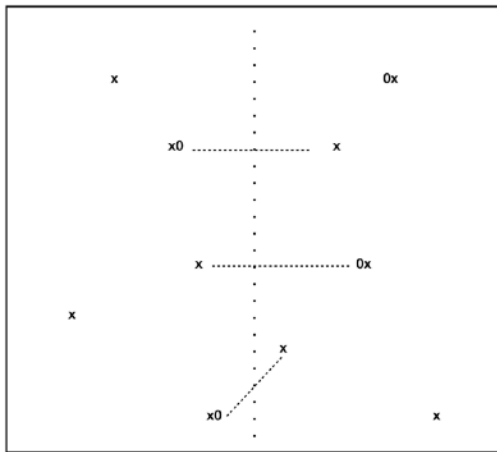


Share conclusions as shown on the slide.

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

## Practical

### Activity 1 - Dodgeball



Key: Children - x Dodgeball - 0 Cones - . Throw - - - -

Children will be split into two teams, or four teams if space allows. One team per half of the court and children cannot cross the middle line. They must throw the dodgeballs across to the other area trying to make the ball strike the opponent anywhere on the body (excluding the head). If a ball is coming towards them, they must dodge or catch the ball.

### Conclusion

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

Progression 1 - A points game where no child is 'out' of the game, but they simply score points for every hit or catch.

Progression 2 - Doctor dodgeball. Each team has one 'doctor'. If a child is hit by the opposite teams throw, they must kneel or crouch on the floor. The 'doctor' must tag them back into the game by tapping the other child's shoulder. If the doctor is hit, it's game over.

### **Teaching points:**

**Ask:** How can we be a good team mate during this game?

Examples of correct answers:

- Pass a team mate the ball if they haven't had many turns
- Help other team mates by giving advice or blocking a ball for them. Doctors can help when tagging team mates back in the game.
- Encourage team mates if they are hit by the ball.
- Be kind to others by throwing the ball carefully and not too hard if a person on the other team is stood within a few metres of you.