



# Physical Education

## Team Building Year 1

### Unit Purpose

The unit of work will introduce **teamwork**. Pupils will explore and learn why it is important to **include** everyone when working as a team and what makes an **effective** team. Pupils will begin to explore simple **strategies** to **solve** problems.

### Inspire Me

The **Apollo 11** mission to the moon in 1969 is an excellent example of team work. Neil Armstrong became the first man to walk on the moon, but without his supporting team he would not have been able to achieve his mission.



### Key Success Criteria

- P** Pupils will use developing teamwork skills in pairs and small teams to complete all of the challenges successfully.
- C** Pupils will begin to understand what makes an effective team and why we must include everyone. Pupils will start to create simple tactics.
- S** Pupils will develop life skills such as empathy and fairness as they work together to complete the challenges.
- W** Pupils will develop life skills such as courage and self belief as they try their hardest to complete the different challenges.

### Vocabulary for Learning

**Teamwork:** Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

**Inclusion:** Inclusion means to include everyone in the activity or within a team no matter their ability. No one should be left out.

**Communication:** Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

**Cooperation:** Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task in the most effective way possible.

**Trust:** Is the ability to have the confidence to believe in the actions of your partner or team.



### Sport Specific Vocabulary

**Team Member:** A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team achieve its goal.

**Fairness:** Fairness: is when we make judgements in accordance with the rules and treat everyone equally and fairly.

