



Uned ymholi/Enquiry unit: How can I develop my skills further to become an effective team player?

Gwybodaeth a dysgu blaenorol/Prior knowledge and learning: Reflect upon the skills learnt last year during team activities, which ones do you need to develop further?

Yn ystod eich taith mi fyddwch yn ...

During your journey you will ...

*Develop and implement a range of skills in a variety of familiar and unfamiliar settings and sporting activities.

*Motivate yourselves to participate in regular physical activity whilst setting targets to ensure improvements are taking place

*Recognise when you need support from others

In Football

*Positively control your emotions through varied learnt strategies

*Recognise the benefits of focusing attention on your thoughts and perceptions, increasing your self-awareness

*Understand that experiences and have a varied effect on yourselves and the people around you

*Appreciate that different sports and groups have different rules and expectations and understand how and why I must adapt to these

*Respect the rights of others and appreciate their impact on yourself

Hockey

*Communicate your needs and feelings, and respond to the needs and feelings of others

*React positively within different groups and situations

*Identify the different roles, rules and responsibilities within team games and recognise what influence they have on myself and others

*Recognise the physical and emotional changes in team games and evaluate what can be done as a team to reach the same goal

*Review and adapt team performances to continue to achieve the collective goal

*Demonstrate empathy towards your peers

*Understand that decisions can be made individually and collectively, and that they can be influenced by a range of factors within team games

Rugby

*I can identify and assess risks, and I can take steps to reduce them

*I can set appropriate goals

Yr ydym ar y daith hon oherwydd ...

We are on this journey because ...

Working as a team will help me to continue developing positive relationships with others, and earn trust and respect

Effective communication is an important part of day to day life, team games will help me to further develop communication skills in order to achieve the best outcomes

Team sports will support me in developing my confidence in sport and help me learn how to support others in becoming confident individuals

Continuing to work with others will help me further understand how emotions and behaviours can influence outcomes

Playing different roles within a team will help me to develop the skills needed and understand the various responsibilities in order to become an effective team player

Team sports will help me to continue to learn how to respect others, which I will be able to apply to my day to day life

Continuing to participate in various sports safely will help to manage risk

Participating in various team sports will help me to develop my knowledge and understanding of the specific rules and requirements for each