



Fy nhaith ddysgu yn Addysg Gorfforol/Bwyd/Lles My learning journey in PE/Food/Well-being



Uned ymholi/Enquiry unit: How can I develop to be an effective team player?

Gwybodaeth a dysgu blaenorol/Prior knowledge and learning: Consider your participation in past team activities, what skills have you used in order to be an effective team player?

Yn ystod eich taith mi fyddwch yn ...

During your journey you will ...

In Football

- *Positively control your emotions through varied learn 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 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

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
- *I can describe the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond to them effectively in order to reduce the risk of harm to myself

Yr ydym ar y daith hon oherwydd ...

We are on this journey because ...

Working as a team will help me to develop 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 learn how to communicate 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

Working with others will help me learn to understand how emotions and behaviours can influence outcomes

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

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

Learning how to participate in various sports safely will help to manage risk

Participating in various team sports will help me to learn the specific rules and requirements for each

Eich tasgau/Your tasks:



Tasg/k 1:- Knowledge and understanding of the rules of Football

Tasg/k 2:- Self evaluation task of team roles in Netball.

Homework Task/ Gwaith Cartref:- Create an information poster on one of the three activities.