

Lesson objectives:

- To be able to problem solve in a class competition and able to use previous weeks learning experiences to be successful.

Equipment & Resources:

- Various PE equipment (see resource cards).
- Personal Challenge resource cards.

Starter Activity:

Discussion question: Ask pupils to talk about a time when a friend helped them to make a decision. Did it make them feel happy or sad that they had help from others?

Active learning: Split the class into 4 or 5 even groups and prepare them for a relay race. Start the races off and encourage the children to support each other with cheers and claps and positive words. Remind the children to work together as a team.

Plenary:

- Form a circle at the end of the lesson to talk about what the children enjoyed and what they didn't enjoy.
- Ask children what they learnt today during their competition?
- Ask children to talk about how they felt when the group did the challenge and when the group didn't do the challenge, i.e. happy, sad, angry.
- To extend the children's learning ask them what new skills they have learnt during the session.

Key Vocabulary:

Problem solve, positive, happy, resilience, solution, confidence, teamwork, growth mindset, character development, pressure, relief, risk taker, competition, success, feelings, respect, sharing, self-reflection.

Curriculum Links:

- Develops character building (resilience, confidence, and independence) and supports learners physically and mentally.
- Supports pupils to lead and maintain a healthy lifestyle.

Main Activity:

Use the same cards as the previous week.

Split the children into pairs and ask them to sit down in a small marked area in the middle of the hall. Encourage the children to create a happy and positive atmosphere by clapping and saying positive things when a pair completes the challenge.

Using the same cards as the previous weeks, choose a pair from the middle of the room to start on station 1. Once they have completed the challenge select another pair from the centre of the room to try the next station. See how many stations you can get through as a group!

Explain the rules of the competition:

- If a pair completes the challenge the whole group move on to the next station and another pair will be selected from the middle.
- If a pair fail the challenge the whole group starts from station 1 again and the original pair must start the sequence off again. See how far the group can get in a lesson.
- Express to children how important is to work together as a whole group and have a positive attitude towards a task.