

Theme:

Working in teams

Topic 5:

Respecting and taking care of yourself as a team responsibility

Goal:

To understand that fitness and health is important, not just to you but also to other members of the team and to understand how to stay fit and healthy.

Scoring:

Score by...

Understanding what your choice of food and lifestyle does to your fitness and health.

Respecting and taking care of yourself as a team responsibility

Lesson plan

Warm-up:

Either:

a) With video

Watch the video clip 'Health and Fitness' [Overweight fans with burgers, beer etc. contrasted with players on the field or in training. Clips of players eating healthily and then training hard.] Why is it important for professional players to have the right diet and the right lifestyle? Is your diet and fitness regime more like the fans or the players?

b) Without video

What do we eat and drink? How much exercise do we take? Why is it important for professional players to have the right diet and lifestyle? What do you think happens to players who don't? Why is it important for you?

1st Half:

Start with a discussion of what the class thinks is healthy and unhealthy, both in terms of diet and lifestyle.

a) In pairs complete the first stage of the worksheet, writing down what they have eaten in the last three days and categorising it as 'Healthy' or 'Unhealthy'. Then discuss with their partner what they think of their respective diets and how they might improve them.

b) Consider the question of why it is important to maintain standards of health and fitness, not just for the individual but for the team. Discuss the answers in pairs.

c) Bring the class back together to discuss their responses.

The aim here is to understand our own diet and that our fitness is not simply a matter for ourselves since it can impact on the team as well.

Respecting and taking care of yourself as a team responsibility

Lesson plan

Half-Time

Discuss with the children the results of the first half. Cover:

- Why is diet and lifestyle important for the individual?
- Why is it important for the team?
- What can each of us do to improve our diet and lifestyle?

2nd Half

Print out the 'Health and Fitness Quiz' and the 'Health and Fitness Answers' resource sheets.

Working as individuals, in groups or in pairs, each child should answer the questions and then look at the answers to see what their score is. The score gives an indication of how fit, or otherwise, they are.

The aim of this activity is to emphasise health and fitness and to give an idea of how they well-suited their diet and lifestyle is to playing football.

Full Time:

Go over what has been learned about health, fitness and lifestyle. How is it important to the individual and to the team? What has everyone learned about their own diet and lifestyle?

Extra Time:

Keep a diary of what you eat. Try to break it down into healthy and unhealthy food. Be as honest as you can and remember that it's fine to have treats like sweets, chocolate and burgers from time to time, just not all the time.

Links:

www.uefagrassrootsday.com: for fantastic online games and activities on 'Working in Teams' and 'Winning and Losing'

www.uefa.com/trainingground: for online coaching resources

Notes:
