

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:

Watch the video clip 'Health and Fitness' and/or talk about 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?

1st Half:

a) Discuss what the class thinks is healthy and unhealthy, both in terms of diet and lifestyle.

b) In pairs write 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.

Half-Time

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

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

2nd Half

a) Consider the question of why it is important to maintain standards of health and fitness, not just for the individual but for the team.

b) Discuss the answers in pairs.

c) Discuss the answers as a class.

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?

