



Learning Plan 2	Subject/Pwnc: Health and Wellbeing - Sport Education	Year/Blwyddyn: 7
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p>		
<p>Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across health and well-being, in particular sports education. 10 keywords: Teamwork, Respect, Fair Play, Fitness, Warm-up, Coordination, Balance, Endurance, Safety, Goal-setting.</p>		

Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)	Homework/Gwaith cartref to support progress
<p>Week 1 5/1/26 Discuss Sports Education and End ball</p>	<ul style="list-style-type: none"> • Discuss sports education and keywords linked to it, as well as the benefits. • Discuss the importance of teamwork. • Introduce the different roles within one team (e.g. warm up coach etc) and assign the roles to different people within the team. • Understand and demonstrate the end ball game ready to commence managing etc next week. 	<ul style="list-style-type: none"> • I understand what Sports Education is and it's benefits. I am aware of the different keywords related to it, as well as the different roles involved in a team. • I can demonstrate how to play the end ball game as well as explain the rules of the game. • I can use oracy to explain why each person has been put forward for each role. 	<p>Wk 1</p> <p>Homework: Research their role further e.g. warm up coach can have a look at warm up suggestions.</p> <p>Set:</p> <p>Due:</p>

<p>Week 2 12/1/26 Warm up & Round 1 of games</p>	<ul style="list-style-type: none"> • Discuss and explain what a warm up is, why we warm up and how to make an area safe to warm up. • Discuss what makes a great leader. • The warm-up coach to warm-up their teams. • Understand and demonstrate the end ball game. • Different roles undertake their own responsibilities. 	<ul style="list-style-type: none"> • I can use oracy skills to describe what the different stages of a warm-up and it's importance are. • I can identify if an area is safe to carry out a warm-up or know how to prepare the area ready for a warm-up. • I can lead / follow instructions during the warm-up (e.g.high knees, heel kicks) • I can explain what makes a great leader. • I understand what my role is within my team and carry out relevant tasks and duties (e.g. scorer keeps a track on their team). • I have knowledge of WWW and EBI to discuss within my team in preparation for next week. 	<p>Wk 2</p>	<p>Homework: Have a look at skill development reuired for an end ball game. Bring suggestions in for the Skill Coach.</p> <p>Set:</p> <p>Due:</p>
<p>Week 3 19/1/26 Skills Development & Resolving Conflict</p>	<ul style="list-style-type: none"> • Understand and give examples of what skill development is. • Skills coach to deliver a small session for their own team. • Understand what conflict is and how to deal with it/resolve it. • Analyse WWW and EBI from today's game (our team only). 	<ul style="list-style-type: none"> • I can explain what skill development is. • I can demonstrate the skill development required within my team OR follow instructions of the Skills Coach delivering the skill development. • I can confidentially explain what conflict is and offer suggestions of how to deal with it/resolve it. • I can complete and evaluation as a team of WWW and EBI from today's games. 	<p>Wk 3</p>	<p>Homework: Write up a few tactics and strategies to help win more games.</p> <p>Set:</p> <p>Due:</p>
<p>Week 4 26/1/26 Group Cohesion & Team Tactics</p>	<ul style="list-style-type: none"> • Discuss the meaning of group cohesion. • Discuss the links between group cohesion and effective team work. • Understand the importance group cohesion to aid winning the unit overall. • Develop and discuss my knowledge of team tactics specific for end ball game. 	<ul style="list-style-type: none"> • I can confidently explain what group cohesion is. • I can discuss the benefits of group cohesion to aid a team working effectively together. • I can identify how a team that doesn't win every game could win this unit due to factors linking to group cohesion (e.g. everyone wearing the correct kit can have extra points, teacher can give extra points for working well within a team etc) • I can explain and share my ideas of team tactics that we can try during our game play. 	<p>Wk 4</p>	<p>Homework: What is goal setting and explain the acronym SMART.</p> <p>Set:</p> <p>Due:</p>

<p>Week 5 2/2/26 Goal Setting – Understanding and setting one.</p>	<ul style="list-style-type: none"> • Understand what goal setting is and what SMART stands for. • Assist in setting a goal specific to my team. • Demonstrate my teamwork skills, communication and cooperation through end ball. 	<ul style="list-style-type: none"> • I can confidently explain what goal setting is and what SMART is. • I can help identify a goal for our team and set a target. • I can develop strategies within a team of how we can use this target to improve our performance. 	<p>Wk 5</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>
<p>Week 6 8/12/25 FINAL TOURNAMENT/ Assessment</p>	<ul style="list-style-type: none"> • I will perform in a final tournament of end ball (one team will win). • We will collate all of our previous scores to see which team wins the overall unit (collating scores from wk 1 to 6). • Explain the positives from performing in a sports education unit. 	<ul style="list-style-type: none"> • I can confidently play end ball in a final tournament, where the scorer will keep a track of the scores. • I can work as a team to collate all of our scores from wk 1 to 6 to see which team are the overall winners. • I can explain what the benefits of sports education are. 	<p>Wk 6</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>