

LKS2 – Lesson Plan 3 – PSHE

How can teamwork make us stronger?

Aim: To help children understand the value of teamwork, cooperation, and communication by participating in team-based physical activities and reflecting on the personal and social skills used.	Key Words: teamwork, cooperation, communication, encouragement, listening, resilience, respect, strategy, support	Preparation: - Cones, hoops, beanbags, and soft balls for team games - Stopwatch or timer - Team bibs or coloured bands - Whiteboard and markers “Teamwork reflection” cards with prompts (e.g. “I helped by...”, “I felt proud when...”)
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Prior Learning: Children should have some experience of working in groups in both classroom and P.E. settings. They should be familiar with basic PSHE ideas such as kindness, respect, and taking turns.

WC / PT	<u>Warm-up:</u> “Pass the Clap” In a circle, challenge the group to pass a hand clap around as quickly and smoothly as possible. Add variations like changing direction or clapping with a pattern. Discuss what helped the team succeed.	0-5 mins
WC	<u>Main Teach:</u> - Introduce the idea that success in sports isn’t just about skill, but about working well with others. - Talk through examples of teamwork: passing in football, listening in relay races, helping each other in challenges. - Introduce the “Teamwork Tracker” – a way to spot great examples of cooperation, kindness, and encouragement during the activity.	5-10 mins

I / S	<u>Activity:</u> Team Challenge Circuit Set up a series of non-competitive physical challenges where teams must work together to succeed. For example: • Hoop Chain – pass a hoop around a circle without letting go of hands • Beanbag Balance Relay – one child balances a beanbag while others guide them through a path • Tower Build – teams collect pieces by completing small challenges, then build the tallest tower • Trust Walk – a blindfolded child is guided by teammates through cones Rotate through challenges, giving time to reflect after each station on what worked well.	10-30 mins
I	<u>Extension Challenge:</u> Each team designs a “Team Code” – a short set of 3–5 rules or values their team followed during the lesson (e.g. “We listen, we share, we cheer each other on”). These can be displayed in class or revisited throughout the term.	30-35 mins
WC	<u>Plenary:</u> Children sit in a circle and pick up a “Teamwork reflection” card. Each child shares something they contributed, found challenging, or are proud of. Highlight positive behaviour and link it back to everyday classroom life.	35-40 mins

WC – Whole Class

PT – Partner Talk

I – Independent

S - Support

Challenge A	Build a Team Code After completing the team games, children work together to create a “Team Code of Conduct” poster. This could include rules or values like: “We listen,” “We take turns,” “We cheer each other on,” and “We don’t give up.” Display it in the classroom or sports hall.
Challenge B	Teamwork Reflection Writing Children write a short reflection paragraph or diary entry from the point of view of someone in the team. Prompts could include: • What was your role in the game? • How did your team help each other? • What did you enjoy the most? • What would you do differently next time?