

LKS2 – Assembly Plan 1

How can sport help us build confidence?

Preparation:

- Prepare a short video or image set showing children trying new sports (e.g. learning to skate, swim, or climb).
- Bring a sports item (e.g. a tennis racket or swimming goggles) as a talking point.
- Choose a short, true story or personal anecdote about overcoming fear or learning a skill.
- Song suggestion: “Try Everything” by Shakira (or instrumental version).

1	1. Welcome and Introductions Greet the children and show them the sports item. Ask: Has anyone tried something new recently? Was it easy? Scary? Fun?
2	2. Reveal the Big Question <i>“How can sport help us build confidence?”</i> Explain that sport is not just about winning — it’s about believing in ourselves and trying new things.
3	3. Let’s Look and Wonder Show pictures or clips of children trying new physical activities. Ask: • What do you think they’re feeling? • What helps someone keep going even if they fall or make mistakes?

4	4. Story Time Tell a short story: E.g. “Amir was nervous about joining the school football club. He wasn’t fast and worried he’d be laughed at. But he gave it a go. Week by week, he improved, and his teammates cheered him on. Now he’s proud to be part of the team.” Ask: What changed for Amir? What helped him grow in confidence?
5	5. Key Messages Explain that sport teaches us to: • Take risks and try new things • Accept mistakes and keep going • Support and cheer on others • Be proud of progress, not just results
6	6. Reflection Invite the children to think: • What’s something I’ve tried that made me feel proud? • What sport or skill would I like to try next?
7	7. Music and Goodbye Play “<i>Try Everything</i>” by Shakira as the children leave. Encourage them to reflect on how trying new things can make them stronger inside and out.

Music

“Try Everything” by Shakira (or instrumental version)

Or a motivational song like “Hall of Fame” by The Script (instrumental version)

Cross-Curricular Links:

P.E.: Personal challenge, self-improvement

PSHE: Building confidence, resilience, managing feelings

English: Listening to stories, discussing feelings