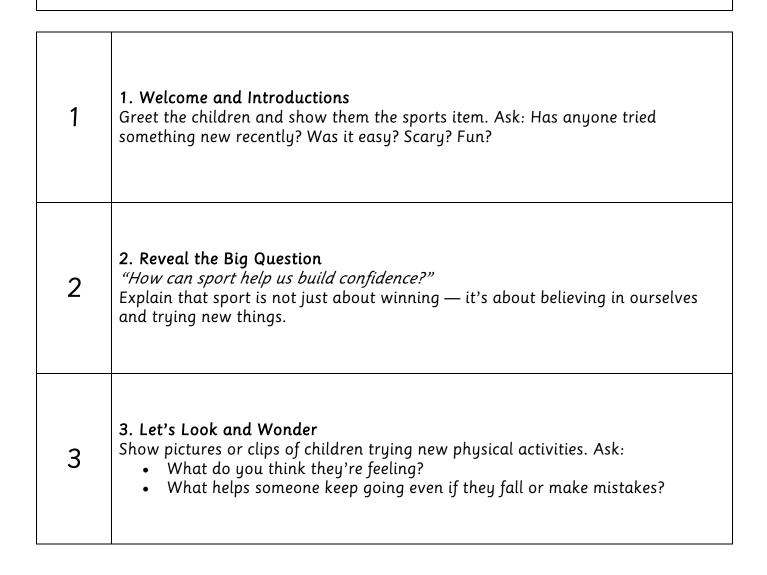
# LKS2 - Assembly Plan 1

## 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).



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	<ul> <li>5. Key Messages</li> <li>Explain that sport teaches us to: <ul> <li>Take risks and try new things</li> <li>Accept mistakes and keep going</li> <li>Support and cheer on others</li> <li>Be proud of progress, not just results</li> </ul> </li> </ul>
6	<ul> <li>6. Reflection</li> <li>Invite the children to think:</li> <li>• What's something I've tried that made me feel proud?</li> <li>• What sport or skill would I like to try next?</li> </ul>
7	7. Music and Goodbye Play "Try Everything" 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