

Personal Choices

WCBF 6-7

<p>Objective: Students will recognize the importance of making personal choices when engaging in activities and being leaders in creating fair play environments.</p>	<p>IRP PLO(s) addressed: Grade 6, Health and Career Education C5: <i>assess the influence that peers have on individuals' attitudes and behaviour</i> Grade 6, Physical Education A1: <i>relate personal physical and emotional health benefits of regular participating to physical activity</i> Grade 6, Physical Education C2: <i>model fair play when participating in physical activity</i> Grade 7, Physical Education A1: <i>relate the effects of regular participation in a variety of physical activities to quality of life</i> Grade 7, Physical Education C2: <i>model fair play in all aspects of physical activity</i></p>
<p>Materials needed</p> <ul style="list-style-type: none"> ▪ Lance Armstrong's confession: https://www.youtube.com/watch?v=M8Eikh4Z4sU ▪ Badminton London Olympics: https://www.youtube.com/watch?v=0hwk_LJ1Hk 	

		Teacher guide	Student guide
Opening	Time 5 min	<p>Introduce the idea that people do not always play fair.</p> <p>Give examples from sports history such as Lance Armstrong who used illicit performance enhancing drugs; eight Olympic badminton players from China, South Korea, and Indonesia who deliberately tried to lose their matches to obtain a more favourable draw, etc.</p>	Students listen to examples of sports misconduct.
Pre-Activity	5 min	<p>Encourage students to think about when they engaged in an activity with others, however, other people did not engage in fair play, and how it changed their experience of the activity.</p> <p>Give them examples such as a classmate purposefully reporting a false score, an opposing team cheating, a referee making a call they disagreed with.</p>	Students consider their experiences with others who did not engage in fair play.
Activity	15 min	<p>Have students work together in small groups to create a list of reasons why they like to participate in certain activities.</p> <p><i>Sample student responses:</i></p> <ul style="list-style-type: none"> • Enjoy the exercise • Enjoy the competition • Like being with friends • Want to challenge themselves and learn new skills <p>Have students consider what it would be like to not be able to engage in those activities.</p> <p><i>Sample student responses:</i></p> <ul style="list-style-type: none"> • Feel they would be bored • Have fewer friends • Feel unhealthy <p>Have students discuss the important of these activities in their lives and their reasons for continuing to participate in them.</p> <p><i>Sample student responses:</i></p> <ul style="list-style-type: none"> • Enjoy the activities • Like to learn new skills and succeed • Gives them confidence • Want to continue playing with their friends 	Students discuss and list reasons for participating in activities they enjoy, what it would be like to not engage in those activities, and why they choose to continue to partake in their activities even if others may not engage in fair play.

