Personal Choices WCBF 6-7

Objective: Students will recognize the importance of making personal choices when engaging in activities and being leaders in creating fair play environments.

Materials needed

• Lance Armstrong's confession:

https://www.youtube.com/watch?v=M8Eikh4Z 4sU

Badminton London Olympics:

https://www.youtube.com/watch?v=0hwk_lJl1 Hk

IRP PLO(s) addressed:

Grade 6, Health and Career Education C5: assess the influence that peers have on individuals' attitudes and behaviour

Grade 6, Physical Education A1: relate personal physical and emotional health benefits of regular participating to physical activity

Grade 6, Physical Education C2: model fair play when participating in physical activity

Grade 7, Physical Education A1: relate the effects of regular participation in a variety of physical activities to quality of life Grade 7, Physical Education C2: model fair play in all aspects of physical activity

		Teacher guide	Student guide
Opening	Time 5 min	Introduce the idea that people do not always play fair. 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.	Students listen to examples of sports misconduct.
Pre- Activity	5 min	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. Give them examples such as a classmate purposefully reporting a false score, an opposing team cheating, a referee making a call they disagreed with.	Students consider their experiences with others who did not engage in fair play.
Activity	15 min	Have students work together in small groups to create a list of reasons why they like to participate in certain activities. Sample student responses: Enjoy the exercise Enjoy the competition Like being with friends Want to challenge themselves and learn new skills Have students consider what it would be like to not be able to engage in those activities. Sample student responses: Feel they would be bored Have fewer friends Feel unhealthy Have students discuss the important of these activities in their lives and their reasons for continuing to participate in them. Sample student responses: 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.

Closure

10 min Encourage students to think about professional athletes or people in their own lives who exemplify being a team player and the positive impact those people have.

Sample student responses:

- Their coach
- Pro athletes such as Trevor Linden, Hayley Wickenheiser, etc.
- Recipients of the NHL Lady Byng Memorial Trophy awarded to players with high sportsmanship

Have students think about how these individuals positively impact their teammates, the community, their fans, the environment of the sports arena, etc.

Sample student responses:

- People feel good about the team
- People want to cheer on and encourage the team
- People want to be involved with the team and feel welcome to show their support

Encourage students to think about the personal benefits of engaging in activities they enjoy and their reasons for choosing to participate in these activities as well as the positive impact they can have on others around them.

Ask students if they were to become a leader what would the benefit be? Encourage them to think about how being a leader would benefit their school and how they can have a positive impact so that everyone feels safe, can try new things, and be healthy, etc.

Sample student responses:

- People will feel safe at school and in their community.
- People will be more willing to try new things.
- People will feel positive and included.

Students think about team players they admire and the impact these players have on the people around them.

Students also consider their own reasons for engaging in the activities they enjoy and the positive impact they can have on others through being a leader in their school.

Reflection: What went well? What needs to be changed for next time? What did I observe about my students? What would better facilitate my teaching of this topic? What needs to be considered for subsequent lessons on this topic?