



TEAM BUILDING KNOWLEDGE ORGANISER

KS1



Overview

- Team games are a group of activities in which players need to work together.
- Unlike sports played by individuals (like singles tennis and golf) teams need the skills and efforts of a group of people in order to achieve success.
- In team games, skills like cooperation and communication are important.
- Team members often play in different positions which are suited to their skills and abilities. Leaders or captains often lead teams.



Social and Emotional

Planning
Planning helps us to think about how we are going to achieve tasks before we perform them. We should plan our routes and strategies before we go.

Keeping Safe
Follow the rules and listen to the instructor's advice. Store and handle equipment properly.



Cooperation
Cooperating is about working together and helping others. Strong teams need each individual to cooperate with their teammates.



Communication
We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language.

Honesty and Fair Play
Fair play is about learning the rules of the game and putting them into practice honestly. As target games are often played individually, we need to make sure that we are honest about our scores and results.

Managing Emotions
Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and kind to others in defeat. Use deep breaths to stay calm.

- Key Vocabulary**
- Team Building
 - Team Games
 - Communication
 - Collaboration
 - Leadership
 - Strategy
 - Respect
 - Honesty
 - Reflection
 - Speed
 - Agility
 - Strength
 - Accuracy

Physical

Skill	Definition	How do I do this?
Speed	Speed is about how quickly we can do something.	-You can improve the speed at which you can do something by practicing it – getting your body used to it. Many activities can be completed more quickly as a team than individually.
Agility	Agility is how well we can change our body's position.	-Running around things, jumping over things and balancing on things all use our agility. Agility can be improved by practicing being flexible (e.g. yoga) and well-balanced (e.g. gymnastics).
Strength	Strength is about being strong; having power over something.	-Strength lets us lift heavy things. It also helps us to strike things harder and more often, without making our muscles tired. To make our muscles strong, we should eat a healthy, balanced diet & practice movements regularly.
Accuracy	Accuracy means to be precise at something; having control over it.	-Most games require us to be accurate (e.g. when aiming to shoot at goal in football, or to fire the arrow at the target in archery). We can build our accuracy by learning the correct technique and practicing the movement a lot of times.

Thinking/ Strategic



-Success in team games is about thinking carefully about the different ways that the team can be successful, and making a clear plan. This is called a strategy. Your strategy needs to take into account many different things, for example the weather, your team's strengths and weaknesses, and also your opponents.

Health and Safety

Always try to follow the rules of the game that you are playing.	Be aware of the people and space around you.	Store equipment safely when it is not in use. Put it away correctly.	Unused equipment should be in bags or trolleys.	Hard objects, e.g. sticks, clubs, racquets, should be used very carefully, to avoid injury.	Make sure that you warm up properly before playing sport.	Stretch your muscles before exercising.	Warm down when exercising.	Remove jewellery and wear suitable clothing/ equipment.
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