



COACHING YOUNGER CHILDREN: HULA-HOOP HELP

SESSION A

Cooperation is:

- * Working together towards a shared goal for the benefit of everyone.
- * Understanding each other's needs and strengths.
- * Following an agreed set of rules and encouraging one another.

Synonyms:

- * teamwork
- * partnership

Important Phrase:

- * working together
(this is the Reception phrase that Year 6 children will need to use).

LEARNING OBJECTIVES:

**Children cooperate to complete the team building task successfully.
Children use this experience to plan a lesson for small groups of
Reception children.**

Suggested Resources:

A hula hoop and space (cleared classroom or hall).

Script:

Explain that in this lesson children will be thinking about the way they can help younger children in the school. Explain that the Reception class is learning about working together and that in next week's lesson they will be building big structures in small groups. They will be taking part in a team building activity. Explain that children will stand in a circle and a hula-hoop will be placed over one child's arm. Children will all join hands and, as a team, they must work together to move the hula-hoop around the group without unjoining hands. Stand the class in a circle and have a go at the activity. How did they find it? What was the most difficult part? How did they manage to complete the task?

Suggested Activities:

Explain to children that in the next lesson they will be helping small groups of Reception children complete the task. In this lesson, in small groups of 3-4, children must prepare for this. Having completed the team building exercise themselves, discuss what younger children might find easier or harder. What would be the best way of supporting the Reception children without giving the game away?

Plenary:

Small groups to feed back their ideas to the whole class. Encourage children to focus on how they might support the group without giving the game away - the point of the activity is for the Reception children to figure out how to complete the task, with the Year 6 children there to support them. Encourage children to focus on how they might support the Reception children to listen to one another, to watch others having a go, how they might praise really good attempts at the activity.





Character Coaching

Meaningful Praise:

Well done you are really encouraging each other to cooperate and complete the task. Did you notice how this affected how well the group completed the task?

Guidance:

You can cooperate by moving your body in the way that your team members successfully moved the hoop with their bodies. You can also encourage your team by commenting on their good job.

Correction:

When you criticised the person struggling with the hoop, what happened? If you could do the task again without being critical, what might the impact be? Can you find a way of offering critical feedback that enables the group to succeed?

