**Curriculum**

**Physical Education - Teambuilding**

**Course Overview**

Sport Type: Team, problem solving

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

To develop the confidence to assume responsibility for positive participation in a variety of group tasks

To develop an understanding of safe practice including appropriate use of the equipment

To develop effective problem solving skills and apply these skills appropriately to a given task

To develop effective communication skills when working with others

To develop the recognition of the need for giving and receiving positive feedback and how this creates a constructive group dynamic

To develop the confidence and skills for positive leadership

**Performance Indicators**

1) To display the ability to problem solve effectively using the equipment and parameters provided

2) To display creative, yet safe, solutions to a variety of tasks

3) To display the ability to work positively in a group to problem solve effectively

4) To display contribution to group discussions on how to attempt tasks

5) To display the ability to plan and discuss possible solutions before attempting the activity

6) To display the ability to organise and manage oneself and others to stay on task during problem solving activities, ensuring all group members are equally involved in the process

7) To display the ability to give and receive positive feedback

**Assessments**

Teacher observation

Student self-evaluation

Peer evaluation

**Core Topics**

**Specific Content**

Participation in a variety of indoor and outdoor stations, including:

Problem solving (PI 1, 2, 3, 4, 5, 6, 7)

Team building (PI 1, 2, 3, 4, 5, 6, 7)

Trust (PI 1, 2, 4, 5, 6, 7)

Appropriate use of station cards (including written instructions on rules and safety considerations) (PI 1, 2, 5)

**Resources**

A variety of stations including indoor and outdoor equipment

Station cards

Clipboards

Stopwatch

Station cards including descriptive instruction/rules