

EduTrend Contents

G4C · TEAM SPORTS GAMES · HIGH SCHOOL

Young Game Leaders

Plan, run and review a team game session for younger children aged 5 to 10

Ages 14–18	Level: Advanced	75 minutes	Teams of 3–4 · up to 24	Activity 05

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 05 · AT A GLANCE

Young Game Leaders

Teams plan a 20-minute session for children aged 5 to 10: a warm-up, one small-sided team game explained one rule at a time, an easier and a harder version, and a short talk about what helped. They rehearse on classmates, who play in role as younger children, while another team observes with a checklist. Teams revise their plan ready to run it with a younger class.

Learning outcomes

By the end of the session students can:

- plan an age-appropriate game session;
- explain rules simply;
- adapt a game for different abilities;
- review a session with evidence.

KEY WORDS

leader · session plan · adapt · explain · safety · review

CURRICULUM LINKS

PE: leadership. Child development: age-appropriate play. English: clear instructions.

1	2	3	4	5	6
WARM UP	**EXPLAIN**	**PLAY**	**ADAPT**	**TALK**	**COOL DOWN**
Get moving safely	One rule at a time	Short rounds	Easier or harder	What helped?	Calm and review

Materials (per team)

- Session plan template
- Balls, beanbags, cones, bibs
- Observation checklist
- Worksheets 1, 2 and 3

Before the session

- Print templates and checklists.
- Set up rehearsal areas.
- Agree safeguarding rules for work with younger children.
- Plan teams.

SAFETY

Any session with younger children needs staff supervision and school safeguarding approval.

ACTIVITY 05 · SESSION PLAN

Step by step

Remind leaders that four- and five-year-olds usually chase the ball in a cluster; this is normal.

Time	What happens	Say or ask
0–10 min Brief	What young children need from a game.	*"How long can they listen?"*
10–35 min Plan	Write the session plan.	*"How will you explain one rule at a time?"*
35–60 min Rehearse	Run on peers with observers.	*"Was everyone involved?"*
60–75 min Review	Use checklist to revise.	*"What will you change?"*

CHALLENGE CARD (print or copy onto the board)

Plan and rehearse a team game session so clear and inclusive that every younger child gets to play and learn.

ACTIVITY 05 · FACILITATOR NOTES

The game know-how in brief

Young children learn games best with short explanations, lots of turns and small teams of three or four.

Leading games builds communication and responsibility, and observation checklists give leaders objective feedback on their session.

Common ideas to listen for

- “Explain all rules first.” One at a time.
- “Big teams are more fun.” Small teams mean more turns.
- “Hold back strong players.” Give others an advantage.

Adapting the activity

Support

Provide a partly completed plan.

Stretch

Add a version for mixed ages.

WORKSHEET 1

Session plan

Name: _____ Class: _____ Date: _____

Complete each part.

Session plan

Part	Time	What happens
Warm-up		
Explain		
Game		
Easier		
Harder		
Talk		

WORKSHEET 2

Observation checklist

Tick and comment.

Observation checklist

Criterion	Yes/No	Comment
Rules explained one at a time		
Everyone involved		
Safe space		
Adapted for ability		
Positive talk		

WORKSHEET 3

Our revisions

After rehearsal.

We will change... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Plans age-appropriately	Explains clearly	Revises with evidence

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Young Game Leaders is a sample activity from the EduTrend Contents G4C Team Sports Games programme (high school, level: advanced). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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