

EduTrend Contents

G4C · TEAM SPORTS GAMES · MIDDLE SCHOOL

Fair Play Captains

Rotating captains adapt rules so every player is involved, then check with evidence

Ages 12–14	Level: Intermediate	45 minutes	Teams of 4–5 · up to 30	Activity 04

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

ACTIVITY 04 · AT A GLANCE

Fair Play Captains

Teams play short rounds of a simple invasion or striking game. Each round a different player is captain and chooses one rule change from a card set, such as everyone must touch the ball before a score, or younger players get an extra life. An observer tallies touches per player. After each round, the team looks at the tally and decides whether the change made the game fairer.

Learning outcomes

By the end of the session students can:

- lead a team for one round;
- choose rule changes that include everyone;
- use a tally as evidence;
- reflect on fairness.

KEY WORDS

captain · inclusion · rule change · tally · evidence · fair play

CURRICULUM LINKS

PE: leadership and fair play. PSHE: inclusion. Maths: tallies and comparison.

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 court)

- Rule change cards
- Tally sheets and pencils
- Balls, cones, bibs
- Worksheets 1, 2 and 3

Before the session

- Prepare rule cards.
- Set up courts.
- Explain the observer role.
- Plan captain order.

SAFETY

Keep the game non-contact. Captains check everyone is ready before restarting.

ACTIVITY 04 · SESSION PLAN

Step by step

Adapt the game, not the player: give less confident players an advantage rather than asking others to hold back.

Time	What happens	Say or ask
0–8 min **Warm up**	Passing and moving.	*"Who has not touched the ball yet?"*
8–12 min **Explain**	Captain and observer roles.	*"How will you know it's fair?"*
12–38 min **Play**	Four rounds with new captains and tallies.	*"Did the rule change help?"*
38–45 min **Cool down**	Compare tallies across rounds.	*"Which rule was fairest?"*

CHALLENGE CARD (print or copy onto the board)

As captain, choose one rule change that gets every team-mate involved, and prove it with the tally.

ACTIVITY 04 · FACILITATOR NOTES

The game know-how in brief

A touch tally shows who is involved. Comparing tallies between rounds is simple evidence about whether a rule change worked.

Adapting rules so everyone participates is a core principle of inclusive PE and makes games more enjoyable for all.

Common ideas to listen for

- “Fair means the same for everyone.” Sometimes it means different support.
- “The captain decides everything.” The team reviews.
- “Winning proves it was fair.” Check involvement.

Adapting the activity

Support

Captains choose from three cards only.

Stretch

Invent a new rule card and test it.

WORKSHEET 1

Touch tally

Name: _____ Class: _____ Date: _____

One round.

Touch tally

Player	Touches

WORKSHEET 2

Rule changes compared

After each round.

Rule changes compared

Round	Captain	Rule change	Fairer?
1			
2			
3			
4			

WORKSHEET 3

Fairest rule

Justify with the tally.

The fairest rule was... because the tally shows...

FOR THE TEACHER

Assessment checklist

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

Student	Leads a round	Chooses inclusive rules	Uses evidence

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

ABOUT THIS ACTIVITY

Fair Play Captains is a sample activity from the EduTrend Contents G4C Team Sports Games programme (middle school, level: intermediate). 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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