



EduTrend Contents

G4C · INDIVIDUAL SPORTS GAMES · MIDDLE SCHOOL

Beat Your Own Record

Set a specific target for one solo skill, practise with a partner and track progress over three weeks

Ages 12–14

Level: Intermediate

50 minutes

Pairs · 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

Beat Your Own Record

Each student chooses one solo skill, such as skipping, target throwing or balance, and records a starting score. They set a specific target and a practice plan. Partners observe one technique point and give feedback. Scores are recorded in this and two later sessions and plotted on a simple line graph, and students reflect on what helped them improve.

Learning outcomes

By the end of the session students can:

- set a specific, measurable target;
- practise with a plan;
- give and use technique feedback;
- track progress on a graph.

KEY WORDS

target · specific · practice ·
feedback · graph · progress

CURRICULUM LINKS

PE: skill development. Maths: line
graphs. PSHE: goal setting.

1**WARM UP**

Get moving safely

2**EXPLAIN**

One rule at a time

3**PLAY**

Short rounds

4**ADAPT**

Easier or harder

5**TALK**

What helped?

6**COOL DOWN**

Calm and review

Materials (per pair)

- Skill cards
- Equipment for chosen skills
- Progress graph sheets
- Worksheets 1, 2 and 3

Before the session

- Prepare skill cards with technique points.
- Set out equipment.
- Print graph sheets.
- Plan pairs.

SAFETY

Keep practice areas separate. Stop if anything hurts.

ACTIVITY 04 · SESSION PLAN

Step by step

Run this over three sessions; this plan covers the first.

Time	What happens	Say or ask
0–8 min Warm up	General warm-up and skill trial.	<i>"Which skill will you choose?"</i>
8–18 min Baseline	Record starting scores.	<i>"How will you measure fairly?"</i>
18–40 min Practise	Partner feedback on one technique point.	<i>"What did your partner notice?"</i>
40–50 min Plan	Set target and plot first point.	<i>"Is your target specific?"</i>

CHALLENGE CARD (print or copy onto the board)

Set a target you can measure, practise smartly and show your progress on a graph.

ACTIVITY 04 • FACILITATOR NOTES

The game know-how in brief

Specific, measurable targets focus practice better than vague aims such as “get better”.

Short, focused practice with feedback on one technique point at a time is usually more effective than repeating a skill without feedback.

Common ideas to listen for

- “Practice just means doing it a lot.” Focused practice works better.
- “Feedback is criticism.” It helps you improve.
- “Progress is always steady.” Scores can dip before improving.

Adapting the activity

Support

Provide ready-made targets to choose from.

Stretch

Compare two practice methods over the three sessions.

WORKSHEET 1

Target plan

Name: _____

Class: _____ Date: _____

Complete before practising.

Target plan

Part	My plan
Skill	
Starting score	
Target	
Practice plan	
Technique point	

WORKSHEET 2

Progress record

Three sessions.

Progress record

Session	Score	Feedback received
1		
2		
3		

WORKSHEET 3

What helped

Reflect after session 3.

My progress shows... The thing that helped most was...

FOR THE TEACHER

Assessment checklist

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

Student	Sets specific target	Uses feedback	Tracks progress

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

ABOUT THIS ACTIVITY

Beat Your Own Record is a sample activity from the EduTrend Contents G4C Individual 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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