

## 10.1 P.E. CONTENT TEAM WORK

NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

### 1. YOU LIST YOUR TEAMMATES

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

### 2. AS A TEAM (everyone gets input and a vote):

- a. Discuss and decide on a method for selecting your team captain How are you going to do it?

\_\_\_\_\_

- b. Team Captain \_\_\_\_\_

- c. Team Name \_\_\_\_\_

- d. Team Mascot \_\_\_\_\_

- e. Team Color \_\_\_\_\_

- f. Are you a strong participant in your group? Mediocre? Quiet? \_\_\_\_\_

- g. Why do you think this is the case?

\_\_\_\_\_  
\_\_\_\_\_

### 3. YOU FIND THREE (3) INSPIRATIONAL QUOTES for teamwork. Explain what each means to you.

- a. Quote #1

\_\_\_\_\_  
\_\_\_\_\_

Author of quote \_\_\_\_\_

What does this quote mean (in your own words)?

\_\_\_\_\_  
\_\_\_\_\_

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b. Quote #2

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Author of quote \_\_\_\_\_

What does this quote mean (in your own words)?

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c. Quote #3

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Author of quote \_\_\_\_\_

What does this quote mean (in your own words)?

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d. Share these quotes with your team. Select one quote from the team that best defines your team's persona. What is that quote?

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Do you like it or not? Why?

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4. **YOU DESIGN A TEAM T-SHIRT** from scratch and print it out **AS A TEAM, DECIDE WHICH TEAMMATE HAS THE BEST DESIGN**. What did you all like about it? \_\_\_\_\_

5. **YOU ICE BREAKER/WARM UP ACTIVITY** Find an activity that you think would be fun for your team to do. Explain your activity:

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### TEAM WORK

**AS A TEAM, DECIDE WHICH ACTIVITY YOU ALL WANT TO DO AS A GROUP.** You will have time in class to do this activity.

6. **AS A TEAM, DESIGN A TEAM WARM UP FOR EACH CLASS.** Your team will be doing this warm-up at the beginning of each period.

- a. Muscle warm-up \_\_\_\_\_
- b. Calisthenics warm-up
  - i. \_\_\_\_\_
  - ii. \_\_\_\_\_
  - iii. \_\_\_\_\_
  - iv. \_\_\_\_\_
- c. Flexibility warm-up
  - i. \_\_\_\_\_
  - ii. \_\_\_\_\_
  - iii. \_\_\_\_\_
  - iv. \_\_\_\_\_

7. **At the end of your tournament YOU, DECIDE ON AN AWARD FOR EACH PLAYER.**

***Example: Ann Taylor = Most Improved***

Player _____	Award _____
Player _____	Award _____
Player _____	Award _____
Player _____	Award _____
Player _____	Award _____
Player _____	Award _____
Player _____	Award _____
Player _____	Award _____

#### **SHARE YOUR AWARDS WITH THE TEAM**

How did you feel about the awards your teammates gave you?

How did your teammates feel about the awards you gave them?

## **10.1 P.E. CONTENT**

### **TEAM WORK**

**8. EVALUATE THE SUCCESS OF YOUR TEAM.**

**9. EVALUATE YOUR SUCCESS AS A MEMBER OF THIS TEAM**

**10. ANSWER** Do you think sports teams differ much from academic teams or corporate (business) teams? Why or why not?