

Team Tactics and Fair Play: A PE Reflection Journal

Learning objective: To evaluate personal and team performance in competitive games, applying tactical awareness and demonstrating sportsmanship.

After your PE lesson, reflect on how you worked with your teammates. Use the word bank to help describe your strategies and behaviour. Ensure you justify your answers by explaining the impact your actions had on the game.

Word bank: cooperation · tactics · sportsmanship · communication · resilience · positioning · collaboration · strategy · evaluation

1. Identify one specific tactic your team used today. Explain why this choice was effective or ineffective in helping you score or defend. (3 marks)

2. How did your team communicate during the game? Compare and contrast a moment where communication was clear versus a moment where it was confusing. (4 marks)

3. Describe a moment when you demonstrated good sportsmanship. Why is it important to show respect to the opposition, even when the game is competitive? (3 marks)

4. If you could change one rule or position for your team next time, what would it be? Justify your decision based on your team's performance today. (3 marks)

5. What might happen if a team only focuses on individual skill rather than working together? Explain the potential consequences for the team's overall result. (3 marks)

6. Evaluate your own role within the team. What specific contribution did you make that helped your team succeed, or what could you improve for next time? (2 marks)

Extension challenge: Imagine you are the team captain for the next game. Create a 'Tactical Masterplan' on a separate sheet of paper. Draw a diagram showing where your teammates should be positioned and write a short paragraph explaining your strategy to ensure the whole team is involved.