

THE PRINCE WILLIAM AWARD SESSION REPORT

SCHOOL: The Waterloo School	PROGRAMME: SPA
YEAR GROUP/COHORT: Mixed	NUMBER OF STUDENTS: 20
INSTRUCTOR(S): Rob Mayne	LINK TEACHER(S): F Tully
TA/TEACHER SUPPORTING THIS WEEK'S SESSION F Tully	SESSION NUMBER: 1

SUMMARY OF SESSION:

Objective:

- To introduce the students to the SPA award and develop their teamwork skills.

Key Themes:

- Teamwork
- Caring and Sharing
- Personal development
- Listening

Activities:

- I completed a check in by asking the class how they were feeling and how much they enjoyed half term. There lots of stories from holidays to physical activity. We had a recap about the award and rules in the class and I introduced the journals to the students. I linked the course to being a soldier going through basic training. We spoke about the key attributes of a team player and being in the military. Robyn gave a great example of teamwork and listening skills.
- We made our way outside. The Icebreaker today was a physical activity for a warm up. Keeping with the military theme, I taught the class a number of basic army sign language and formations on patrols to which they were quick to respond to. As part of the icebreaker we played Human Shapes which improves listening, caring and teamwork skills. I shouted a letter and the groups needed to use their bodies to create that shape. Tyler was helpful organising everyone into position by telling them where to go.
- The first activity was Gutter Ball, designed to progress teamwork and listening skills. The objective was to get the tennis ball from one end of the play-ground to another using the gutters and without it falling on the floor. Group 2 and 3 were resilient throughout because despite dropping the ball a number times, they didn't give up and managed to complete the task. Well done for not giving up. Excellent effort from team 1 who achieved the task with their first attempt and cheered the others on.
- Our second activity was Crossing the Swamp. It aims to develop their teamwork but it also focused on empathy, confidence, caring, conscientiousness and trust qualities. The group were on 'patrol' in Afghanistan however they came across a swamp which they had to cross using the kit and equipment available. They were given 5 minutes to complete the task. All 3 teams were disciplined whilst crossing and helped each other move quickly and safely to get to the

other side in under 5 minutes. Karl helped move the plank while Emmie communicated ideas with confidence.

5. The third activity was called Sheep and Shepard. With all the sheep blindfolded the shepherd had to use trust and communication skills to guide their sheep into a pen. Lily-Rose was confident as she gave instructions to a group of 5. They listened as they headed into the area straight away.
6. The final activity was Create A Game, which is designed to improve listening skills, teamwork and caring. In the same 3 groups, their objective was to create a game for another team with the kit and equipment available. We look forward to completing this activity next week and sharing the ideas with the other teams.
7. We headed back to the classroom to complete a check out and reflected on a great session.

Notes:

- ❖ I enjoyed the first session with Chestnut who showed lots of teamwork throughout the session and this was most noticeable during Gutter Ball as every team completed the task within the allotted time.

STUDENTS ABSENT: Kyla

COMMENDATIONS/MERITS/PRAISE POINTS ETC:

Lily-Rose was star of the session. I noticed her confidence during sheep and shepherd as she guided her blindfolded team across the playground. She also helped pass the plank to fellow members in the activity Cross the River.

Oscar made valid points about teamwork during our reflection periods. He also showed his fitness abilities during the warm up.

Tyler helped his team while crossing the river by giving advice and moving the plank swiftly.

Thank you to everyone for helping pack away the equipment at the end.

ISSUES, CONCERNS:

LOOKING AHEAD: We look forward to session 2 which is Remembrance and finishing our 'create a game'

REPORT COMPILED BY:

Rob Mayne

DATE: 28.02.19

PHOTO EVIDENCE:



Gutter Ball:





Crossing the river:



