



# LESSON 6

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THE TRAINING CAMP I  
- TEACHING OTHERS

OUR MARINERS  
CUP

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# TEACHING AND LEARNING PLAN

## LESSON 6

The training camp I - Teaching others

## LESSON VENUE

Classroom space

## LESSON DURATION

60 minutes

## STUDENT PRIOR KNOWLEDGE

Students will need to be aware of behaviours that make a good presentation to an audience such as, positive body language, making eye contact, speaking clearly and appropriate use of notes.

## WALT - WE ARE LEARNING TO...

Work as a team to teach others about good nutrition and our local club.

## WILF - WHAT I'M LOOKING FOR...

- I can help my team implement our coaching plan.
- I can teach others what I know about food groups and what we should eat more and less of.
- I can teach others what I know about our local club.
- I can support others in making their presentations to a group.

## TIB - THIS IS BECAUSE...

It will help us prepare our junior teams for our football tournament.

## LESSON PREPARATION

Prior to the lesson teachers should organise the following:

- interactive whiteboard, computer(s) and other appropriate equipment for the class to view a video
- Activity sheet 3.3 - Learning about my local club - completed by student teams in Lesson 3
- Activity sheet 4.3 - Our team plan - from Lesson 4.

## VISUAL RESOURCES AVAILABLE

The visual resource available to teachers for this lesson is:

- [Video 3.1 - What the stars eat and drink.](#)

## LESSON DELIVERY

The following provides you with a suggested plan on how to deliver this lesson. You are encouraged to take a flexible approach and modify this lesson and its timings to suit the needs and abilities of your students.

### 1. Organisation prior to class

In this lesson Year 5 and 6 students will be working with a junior class. Their task is to prepare the younger students for a football tournament by teaching them about the local club they will be representing and the importance of good nutrition.

Prior to the session the teacher of the junior class should divide their students into six teams. Each team, where possible, should have a range of football and academic abilities and be diverse in gender and cultural background.

With students in their teams, assign to each group one of the six local clubs studied by the senior students who will be coaching them. This can be done at random by the teacher or by student choice.

The junior teacher should explain to their class that soon they will be participating in a football tournament run by Year 5 and 6 students and that over the next three lessons they will prepare them for that tournament.

In the tournament students will be representing the local club that they have been allocated so part of their task will be to learn about that club. They will also learn about good nutrition and how to play football together.

### 2. Meeting their teams (5 minutes)

In this lesson older students will be matched with younger students representing the same local club so to start the session each Year 5 and 6 Group leader should identify their junior team by local club name.

Once matched the Group leader of each team introduces their team members by name to their junior team and explains that soon they will be representing their assigned local club in a football tournament. As part of the preparation they will need to know some basic facts about that club, some important nutrition advice and how to play football.

### 3. Teaching others about my local club (30 minutes)

Senior students should use Activity sheet 3.3 - Learning about my local club, completed in Lesson 3, when teaching others about their local club.

In their discussion about their local club senior students should ask their junior team what they already know about the club they are representing.

Next students should introduce their Activity sheet 3.3 - Learning about my local club and explain that it's their task

to learn specific facts about their local club. They have 20 minutes as a team to learn the information and then present it to the whole class.

There are symbols and other information specific to each club on the worksheets. Senior students may decide to allocate one or two facts per student to learn. When introducing each fact to their younger team members senior students should discuss it and refer to their research to enhance understanding.

To build recognition or to reinforce knowledge, senior students may have their teams play a mix and match game with the activity sheet images and facts. They may also play a multiple choice trivia game where younger students have to recognise the correct answer from a group of four choices.

When presenting to the class each Group leader must introduce their junior team member by name and ask for a round of applause once they give their answer. Each team has 90 seconds to present the facts about their local club.

#### **4. Teaching others about nutrition before a big game (25 minutes)**

As a class watch [Video 3.1 - What the stars eat and drink](#). This video has professional footballers from Central Coast Mariners talking about their nutrition habits before and during their matches.

When viewed senior students ask junior students about the

major points about nutrition that they noticed on the video.

Some questions to they could ask include:

- What types of food did the player(s) eat before a game?
- Why do they think they ate that type of food before the game?
- Why do players need energy? What happens to footballers when they run out of energy?
- What does being hydrated mean? Why do they need to be hydrated?
- What type of eating habits did the player(s) have?
- Can we prepare the same way for our football tournament? What can we do that is the same? What can't we do that is the same?

Senior students then refer to their completed Activity sheet 4.3 - Our team plan and discuss with their junior team the nutrition advice that they would like to commit to for the tournament. How is it the same as the footballer(s) in the video? How is it different?

#### **5. Thanking your team and preparing for the next session**

At the end of the session senior students should thank their junior teams for their work. They should inform them that in their next lesson they will be working with them to learn football skills and to work as a team.

