



TEAMWORK

WEEK 1: TEAMWORK OVERVIEW

AGE-SPECIFIC MAT CHAT FOR AGES 8-12

OPENING DISCUSSION:

"What does the word teamwork mean? (Ask one student explain what it means) It means to work well with others towards a common purpose or goal. For example, if you are playing a game then you should play fair without getting angry or upset. When you enjoy playing for the sole purpose of engaging with others, then you are showing great teamwork."

Let's try a quiz to help you understand the difference between good and bad teamwork! Is this good sportsmanship (good teamwork) or bad sportsmanship (bad teamwork)?

- Your team loses the soccer game, and you get mad at your team for playing lousy.
- You invite your little sister to play football with you and your friends even though she doesn't know how to play very well.
- You win your last baseball game of the season and you brag to everyone about how much better your team was than the other team.
- You answer loudly in your Martial Arts class to bring the energy level and excitement up in the class.

Tip: Tell the kids that you are very proud of them for knowing the difference between good teamwork and bad teamwork.

FINISHING THE MAT CHAT:

"I want everyone to go home and practice having teamwork this week. Play fun team games for the sole purpose of having fun and not about winning. Also, do not get upset at your teammates if they do not perform well. You will notice that your friends and family praise your teamwork efforts."