

Levels 2–5

Resources

- ▶ Enquiry Sheet – Top quality performance
- ▶ books on Welsh sports people
- ▶ Internet access



Links to skills in the Science PoS

The main emphasis is on pupils planning where and how to find relevant information and ideas. Having located this information, pupils will form considered opinions and make informed decisions.

Top quality performance

Overview

This activity requires pupils to consider the different factors that are important for different sports people from Wales in preparation for competing in a major event, such as the Olympic Games.

Activity

Ask pairs of pupils to think about and discuss the different factors that are important for sports people to prepare for and to perform well in different sports. They should then record their factors and show their relative importance using the diamond ranking grid* on the Enquiry Sheet.

Encourage pupils to share their ideas with the rest of the class so that as many factors as possible are discussed and to justify the rank order of their ideas. Pupils could use secondary sources to find more information about the different factors that are important to sports people.

Suggested questions

Why do you think exercise is important?

What other factors do you think are important to perform well in different sports?

Supplementary activities

Pupils could contact an international sports person from Wales to find out about his / her healthy lifestyle and preparation for a major sports event.

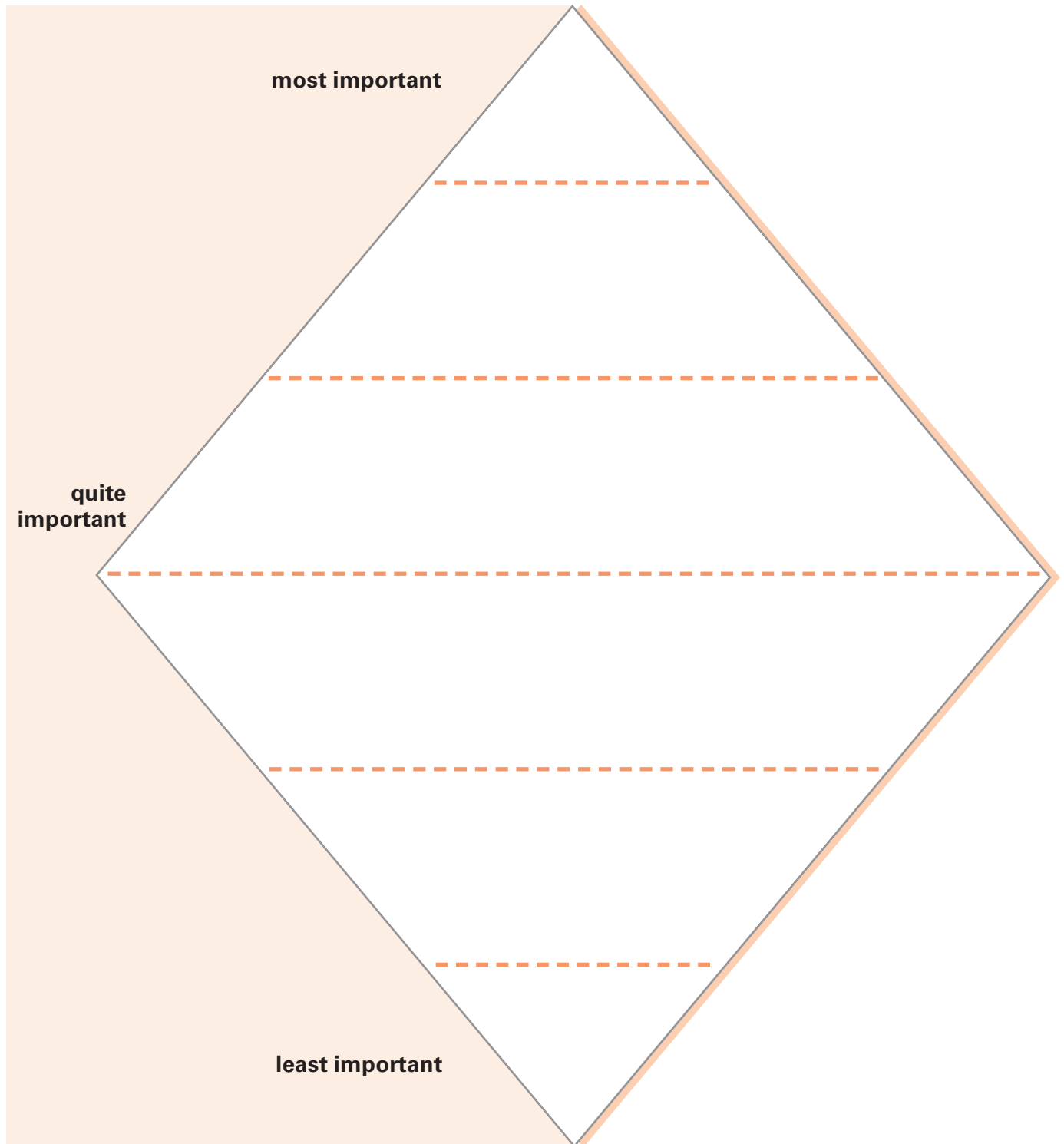
They could find out about some of the national healthy lifestyle initiatives in Wales.

* *Diamond ranking is a strategy that promotes discussion or reflection about the relative importance of a range of factors.*

Think about and discuss what factors are important for sports people when preparing for and taking part in a major sports event.

Record your factors in this 'diamond ranking' grid.

Share your ideas and justify their rank order to the rest of your class.



Use secondary sources to find more information about the different factors that are important to sports people.