Lesson Plan:

Lesson Topic: Individual Sports vs. Team Sports Lesson Objectives:

* Students will understand the differences between individual and team sports and comprehend the benefits associated with participating in sports.
* Students will actively participate in the lesson by exchanging information and experiences related to selected sports.
* Students will engage in games and exercises to improve their sports skills.

Individual Sports vs. Team Sports Slide 1

Image: [Link to image depicting the benefits of physical activity]

Through sports, we understand all forms of physical activity that affect our physical, mental, and social well-being. Additionally, according to the PWN definition, we consider intellectual competition as a sport, aiming to achieve a specific result.

Slide 2 (Can be presented as a chart or text below) Sport

Individual Team  
(Athlete competes independently) (Team competition)

OR Sports are divided into individual sports, where the athlete competes independently, and team sports representing competition between two teams.

Slide 3 Individual Competition As mentioned earlier, in this type of competition, the athlete is solely responsible for the result they achieve. Besides competing often against others, they primarily compete against themselves, their weaknesses, and ambitions. If you choose to engage in individual sports, you must be aware that it requires much more self-discipline and determination. Of course, the coach can support you, but you are largely responsible for the results. The effort you put into training and the determination you apply to exercises will reflect in your achievements.

Slide 4 Often, engaging in individual sports requires more equipment to make training more interesting. There's no opportunity for exercises with other people. On the other hand, many elements can be tailored individually directly to the specific athlete.

Slide 5 And what about failure... it can be much more palpable than in sports where responsibility for defeat lies with more people. However, if the athlete can draw conclusions from defeat through analysis, they can improve what they failed to achieve earlier. Choosing an individual sport, you must be aware that failure is one of the elements of success.

Slide 6

One of the most popular individual sports in Poland is undoubtedly running. Both at the amateur and professional levels, it allows overcoming one's own weaknesses. Then cycling, strength sports, fitness, or swimming. In reality, to start practicing them at the amateur level, large financial outlays are not necessary. All it takes is a bit of willingness, time, and commitment. From other lessons, you already know that expensive equipment, branded clothing, or a gym membership are not necessary to start practicing sports. There are cheaper solutions for everything, and if you start achieving results, to reach for specialized equipment or, for example, shoes, you can look for a club or sponsor. However, the most important thing is to start... and then develop in the chosen sports discipline!

Slide 7 Which individual sport do Poles love to watch? Probably ski jumping for quite some time now. It all started perhaps with Adam Małysz, although there were many outstanding ski jumpers before him. Looking at the crowds gathering under the ski jump at the large hill, you can be sure that this discipline would top the ranking of favorite individual sports.

Slide 8 Among individual sports, we can mention the following disciplines (some of them can also appear in team version). There are, of course, many more, but it's impossible to list them all.

* cycling
* martial arts
* water sports
* equestrianism
* tennis
* skating
* badminton
* athletics
* artistic and rhythmic gymnastics
* triathlon

Slide 9 Team Sports In this case, the athlete is not solely responsible for their actions. Deciding on a discipline where there are other players, one must realize that success depends on good relationships and cooperation.

Slide 10 Training is more interesting in a larger group because there are more opportunities for exercises, and besides internal motivation, the athlete can count on the encouragement of teammates. Often it's others who can help overcome difficult moments or moments of doubt by providing reasons to continue.

Slide 11 Moreover, team sports offer the opportunity to increase the pace of competition. Matches are more exciting because the action unfolds much faster than in individual sports. However, this requires more cooperation, handling conflicts, and accepting the ideas of other people.

Slide 12 Furthermore, in team sports, you don't have to be the alpha and omega in every aspect. This is an important advantage. In a team, it's about the whole, complementing each other's imperfections. One is faster, the other more agile, and the third smarter - this way, you can create a perfect team, there's strength in teamwork.

The basis of a cohesive team is knowing the strengths and weaknesses of the players and building a well-playing team based on this information! Knowing one's weaknesses is very helpful in sports. As you can see, knowing one's weaknesses is also a step towards development and team building. So, there's no need to fear or hide them. On the contrary - you should be able to name them because it helps not to do or take things that we don't like or that are difficult for us and demotivate us. Everyone has their weaknesses, but everyone also has their strengths, which are used in sports, developed, and build the athlete's motivation.

Slide 13 A disadvantage of team sports is the lack of an individual approach to the player. Training is usually prepared for the majority, which sometimes can be frustrating or discouraging to take up the challenge.

Slide 14 And what comes to mind immediately when team sports are mentioned. Probably soccer, volleyball, or basketball. And you're right. Ball games are the most recognized team disciplines. Not only is the team a whole, but the stadiums where the matches take place are filled to the brim. Other team games include:

* handball
* rugby
* cricket
* baseball
* softball
* field and ice hockey
* paintball
* futsal
* beach soccer

Slide 15 Sport, whether individual or team, is a kind of manifestation of showing one's abilities and desires. That's why we have so many disciplines to choose from in this field, thanks to which everyone has the opportunity to find something for themselves. And you? Do you prefer to engage in sports independently, or do you find more joy in working as a team?

Interactive Task Test Here are a few other response options that may help you determine whether individual or team sports are more suitable for you:

1. Do you like working with other people, or do you prefer to work independently? a) I like working in a team and achieving goals together. b) I like working in a team, but I prefer to have control over my work. c) I prefer to work independently and be responsible only for myself. d) I prefer to work independently, but sometimes I need the support of others.
2. What emotions are important to you during sports? a) I enjoy the team's successes and want every team member to feel good. b) I want to achieve goals only for myself and feel fulfilled individually. c) It's important for me to feel satisfied with my own achievements, but it's also important for me to see others enjoying them with me. d) I'm not overly interested in emotions; results and achievements are more important to me.

3. Do you prefer competing with others or with yourself?

a) I enjoy competing with others and feeling like part of a team.

b) I prefer competing with myself and constantly improving my skills.

c) I often compete with others, but I am more focused on improving my own results.

d) I'm not particularly interested in competition; what matters to me is enjoying the sport and improving my skills.

4. How do you react to failure?

a) I take it as a lesson and think about how to improve my skills for the future.

b) I find it hard to accept failure and feel discouraged when I don't achieve my goals.

c) Failure motivates me to work harder and improve my skills.

d) Failure is just a part of sports for me; it doesn't affect my motivation or desire to train.

5. Do you like working with a coach and following their instructions, or do you prefer acting according to your own ideas?

a) I like receiving guidance from the coach and implementing it to achieve better results.

b) I prefer following my own plan and having control over my training.

c) I collaborate with the coach, but I have my own ideas that I want to pursue.

d) I don't like receiving instructions from the coach; I prefer to act according to my own judgment.

6. What is your level of patience?

a) I am very patient and willing to work on my skills over a longer period of time.

b) I can be patient, but I want to achieve results and goals quickly.

c) Patience is important to me, but I don't want to waste time on training that doesn't bring immediate results.

d) I'm not very patient, and I easily lose motivation when I don't see quick progress.

7. How important is teamwork to you?

a) Teamwork is very important to me, and I celebrate the successes of the whole team.

b) Teamwork is important, but I want my individual work to be appreciated.

c) It's important for me to have good training partners, but I don't always need to work in a team.

d) I don't need teamwork; I prefer to work individually and achieve goals on my own.

8. Do you like making decisions on your own, or do you prefer to follow established rules?

a) I like making decisions on my own and influencing the course of the game.

b) I prefer following established rules and the coach's instructions.

c) I like following the rules, but sometimes I need to introduce my own ideas.

d) I'm not interested in making decisions; I prefer to focus on the game and training.

These answers can help you decide whether individual or team sports are more suitable for you. However, remember that this is just a preference test, and the final decision should be based on your own experiences and preferences.

Programming Solution:

Here's the proposed solution for scoring the sports preference test:

1. For questions 1, 2, 3, and 4, individuals who chose answer a) receive 1 point, b) - 2 points, c) - 3 points, and d) - 4 points.

2. For questions 5, 6, 7, and 8, individuals who chose answer a) receive 4 points, b) - 3 points, c) - 2 points, and d) - 1 point.

The total number of points indicates the sports preference of the respondent. A higher number of points indicates a greater inclination towards individual sports, while a lower number of points indicates a greater inclination towards team sports.

Here are the point ranges and corresponding preferences:

- 15-20 points: strong preference for individual sports

- 10-14 points: slight preference for individual sports

- 6-9 points: slight preference for team sports

- 1-5 points: strong preference for team sports

However, remember that this test is just a suggestion and the results are not definitive. Sports preferences can be very complex and depend on many factors such as personality, physical predispositions, and past sports experiences.