



Key Knowledge

Attributes of a Good Team

People work in teams in many different situations. This may be at work, when playing sports or in a class. Within a team there are lots of different people. We may be from different backgrounds, have different skills or make different choices. These differences are part of what makes a team good because we can each bring different strengths to the task. While differences within a team make it strong, there are certain **attributes** all teams need to be **successful**. These include good **communication**, strong determination, focus, being adaptable and working hard.

**Sharing Our Opinions Respectfully**

Our uniqueness and individuality are part of what makes the world an exciting place. Because of the differences between us, we may have different opinions from people around us. It is important to be able to share our views and express ourselves **respectfully**, even if we disagree with what is being said. We can do this by showing active listening so it is clear we have heard and understood the other person's opinion. We can clearly express our ideas too, using kind words and a calm voice.. This way our opinions are clear but we are not expressing ourselves in a way that is **hurtful** to the feelings of others.

Key Vocabulary

attribute:	A quality or a feature of something.
successful:	When something is achieved or it is working well.
collaborate:	To work with others effectively.
contribute:	To provide something or help out to achieve a goal
respectful:	Treating someone in a way that shows they are important and valued.
hurtful:	A way of behaving that causes upset.
communication:	Ways of sharing our views with others including talking and writing messages.
compromise:	Finding a way of working together where two or more people adapt their behaviour, actions or choices.
sensitive:	Appreciating the feelings of others.
harassment:	Unwanted behaviour directed at someone that is upsetting or hurtful .
teasing:	When one person pokes fun at another.
trolling:	Posting unkind or upsetting information about or to someone.
excluding:	Deliberately leaving someone out.
bullying:	Behaviour intended to hurt or upset someone. There are many different types of bullying .

Working as a Team

Compromise and **collaboration** are two examples of teamwork skills. We may need to **compromise** if our teammates disagree on the way something should be done. If we **compromise**, we need to listen to each other, understand the different opinions within the team, share our views and find a decision that works. It is likely that the decision that is taken requires each member of the team to make small changes to what they want. When we **collaborate** with others, we will think about what strengths other team members have, listen to each other, share tasks and responsibilities and review what we have done.



Shared Responsibilities

By contributing to shared responsibilities, team members will help their teams to function **successfully**. Shared responsibilities include trying our best, looking after our resources and our environment, listening to and respecting each other, being polite and helpful and caring for our teammates.

Showing We Care

We can show we care for others in our team in lots of different ways. We can listen, show interest in things they care about, include them, respect them and the space they need, enjoy different activities together, value and talk with them about their feelings and tell them we care for them. By doing this, we are able to be **sensitive** to the feelings of others. It is also important to care for ourselves. This way, we will have the energy and self-confidence to **contribute** to our team. Ways we can care for our bodies include keeping ourselves clean, exercising, eating a balance of different foods and getting enough sleep and water. It is also important to care for our mind by talking about our feelings, exercising, doing activities we enjoy, relaxing and spending time in nature.

Unkind Behaviour

As part of a team, it can help to be able to recognise unkind behaviour. This way, we can help if we see or experience this. Unkind behaviour includes **harassment**, **teasing**, **trolling**, **excluding** others or **bullying**. These behaviours can affect others in many different ways, so it is important we do what we can to show it is not acceptable. If we experience this or notice it happening to anyone else, we can show kindness to others, include them in our conversations and games and understand that no one is more important than anyone else. If we are worried, it is important to speak to a trusted adult.

Key Learning Point:

Helpful Team Behaviours: A **successful**

team provides care and compassion for others, building a support network. This can support the wellbeing of ourselves and the people around us. These helpful behaviours include:

- Showing each other care and respect to develop strong relationships;
- Showing kindness to each other to help others feel secure and cared for;
- Respecting and valuing our differences and the contributions we each make;
- Listening to each other to understand more.



To look at all the planning resources linked to the **UKS2 TEAM** unit, [click here](#)