# **Ākonga worksheets**

# **The Ultimate Participant**

Examples of how people may feel left out during team sports (ultimate)

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| **My rights when playing in team games** | **My responsibilities when playing in team games** |
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| **What are the advantages of working cooperatively as a team in a team sport?** | **What are the disadvantages of working cooperatively as a team in a team sport?** |
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**Aggressive, Passive, and Assertive Worksheet**

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| **Phrases you may say to others during the game which are not supportive or helpful.** | **Phrases you may say to yourself during the game which are helpful or supportive.** | **Phrases that you might say to others to help your team work efficiently and help others feel supported.** |
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**Unit evaluation questions**

1. What did I learn about leaving people out during a team game?

2. What can I do to help everyone to participate?

3. How did my participation, in Ultimate, affect my ability to behave cooperatively?

4. Choose another sport, a school situation and a family/whānau situation where you can help people to feel included. Describe what things you can say and what things you can do to help them to feel included.

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| **Situation** | **Description of the situation** | **Things I can say to help someone feel included** | **Things I can do to help someone feel included** |
| **Another sport** |  |  |  |
| **Another school situation** |  |  |  |
| **A family/**  **whānau situation** |  |  |  |

5. How can Ultimate be improved to suit your level of ability?