



just like us

EMPOWERING LGBT+ YOUNG PEOPLE

LGBT+ sportspeople

Session summary		Pupil context
Pupils are introduced to LGBT+ sportspeople, being able to learn about the sports they play and associate them with positive adjectives. Pupils will have the chance to learn basic movement skills associated with that sportsperson and talk about their own experiences of physical activity.		KS1 pupils with a basic understanding of different types of sports
Session aims	Resources needed	Link to English curriculum
<ul style="list-style-type: none">▸ Get to know some LGBT+ sportspeople▸ Learn more about different types of physical activity	<ul style="list-style-type: none">▸ A space used for physical education e.g. school hall▸ LGBT+ sportspeople posters▸ Positive words and emojis▸ Timer or stopwatch	“Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others”
Link to Welsh curriculum	Link to Scottish curriculum	Link to NI curriculum
“improve coordination and have increasing control over their bodies when undertaking different activities”	“I am developing my movement skills through practice and energetic play”	“explore, refine and improve simple movements”
Preparation ahead of the session		
<ul style="list-style-type: none">▸ You may need to let pupils know about School Diversity Week: you can find explainer slides in our resource library.▸ Print off resources▸ Ensuring adequate space and changing time for session		

Timing	Activity	Suggestions for differentiation
0-10	<p>Our favourite sports</p> <ul style="list-style-type: none"> ▸ Start the session with an appropriate warm up activity. ▸ Ask pupils “<i>what does the word sport mean?</i>”. Afterwards, you can ask for a show of hands for who can name a sportsperson. ▸ Ask pupils to think of their favourite sportsperson and one thing they like about them but not to say anything yet. Separate them into relay teams of around 5. ▸ Set them the challenge of racing one another, but with a twist. Pupils must race to you using different forms of movement (e.g. skipping, hopping, crawling) from one another. Only once all the team has reached you, told you their favourite sportsperson and what they like about them is the activity complete. ▸ Make sure to time each team to decide the fastest. 	<ul style="list-style-type: none"> ▸ If pupils are unsure about sport, you can talk about your own favourite. Highlighting basic movements that you do in that sport.
10-20	<p>LGBT+ sportspeople</p> <ul style="list-style-type: none"> ▸ Introduce pupils to each of the LGBT+ sportspeople, showing the side with the affiliated sport on first. <ul style="list-style-type: none"> ● Tom Daley - diver ● Chelcee Grimes - footballer ● Sarah Outen - rower ● Luke Strong - gymnast ● Susannah Townsend - hockey player ● Philippa York - cyclist ● Laurie Williams - basketballer ● Gareth Thomas - rugby player ● Colin Jackson - sprinter ▸ Make sure pupils understand what each of the sportspeople do. ▸ Place these around the room. 	
20-30	<p>Positive role models</p> <ul style="list-style-type: none"> ▸ Give pupils key sports vocabulary - in the form of words or emojis (e.g. throwing) ▸ You choose a word or emoji and they go to the sportsperson they think it describes 	

	<p>▸ Turn poster over, explain that being a sportsperson is only one aspect of who they are and that sportspeople are all different</p>	
30-35	<p>Getting moving</p> <p>▸ Just for fun, encourage pupils to suggest how that sport is played - or how they can demonstrate the skill described in the sports adjectives.</p> <p>▸ If not, lead the class in demonstrating a basic move associated with that sport (e.g. miming kicking a ball for football).</p> <ul style="list-style-type: none"> • Tom Daley - diver - breaststroke • Chelcee Grimes - footballer - kicking a ball • Sarah Outen - rower - rowing motion • Luke Strong - gymnast - jumping • Susannah Townsend - hockey player - hitting a puck • Philippa York - cyclist - riding a bike • Laurie Williams - basketballer - dribbling a ball • Gareth Thomas - rugby player - throwing a ball • Colin Jackson - sprinter - running on the spot <p>▸ Repeat this for all the sportspeople.</p>	<p>▸ Adapt moves to fit your class' needs.</p>
35-45	<p>Teacher Says</p> <p>▸ Play a game of "teacher says". Say the name, or sport played, of one of the LGBT+ sportspeople for the children to copy. Like Simon Says, pupils should only do the action if you start the sentence with "Teacher says..."</p> <p>▸ Explain to the pupils how Teacher Says works, ensuring they know how a winner is chosen (the last person to have followed all your instructions correctly).</p>	
45-50	<p>Review</p> <p>▸ Review the sportspeople, associated sports and movements with the class</p> <p>▸ You can ask questions such as; <i>"which skill did you find most difficult? What was your favourite sport today?"</i></p>	