

UKS2 – Assembly Plan 2

How can sport help us become better people?

Preparation:

- A short quote from a famous athlete about resilience, discipline, or growth (e.g. Serena Williams, Mo Farah, or Marcus Rashford).
- A real-life or fictional story about someone overcoming a challenge through sport.
- Optional: Invite a staff member or older pupil to briefly share how sport shaped them.
- Music suggestion: “Hall of Fame” by The Script (clean version) or another motivational track.

1	1. Welcome and Introductions Begin by asking: “What do you think sport is really about?” Let them suggest ideas like fitness, fun, winning... Then ask: “Can sport also teach us about life?”
2	2. Reveal the Big Question <i>“How can sport help us become better people?”</i> Explain that today, they’ll think beyond just playing games and focus on what we <i>learn</i> from sport.
3	3. Let’s Look and Wonder Share a short quote or image from an athlete: E.g. “Champions keep playing until they get it right.” – Billie Jean King Discuss what that might mean off the pitch or court — in life or learning.

4	Tell or read a short story about a child who struggles in sport but grows through perseverance: E.g. “Jamal couldn’t run fast or throw far. But he kept training. He stayed late to practise. Eventually, he didn’t just get better at sport — he became more confident in maths, reading, and made more friends.” Emphasise the values gained: determination, focus, resilience.
5	5. Key Messages Explore key life lessons from sport: • Perseverance – keep going even when it’s hard • Teamwork – learn to listen and work with others • Self-discipline – train, practise, and improve • Confidence – not just in sport, but in life
6	6. Reflection Invite children to reflect: • What do <i>you</i> gain from sport, besides fitness? • Can you think of a time sport helped you grow in some way?
7	7. Music and Goodbye Play “<i>Hall of Fame</i>” (clean version) or another inspirational song as children leave. Remind them: every time they try their best, they are winning — in life. Reflection Prompt <i>“Sport isn’t just about being the best — it’s about becoming your best.”</i>

Music

“Hall of Fame” – The Script ft. will.i.am

“Try Everything” – Shakira

“Believer” – Imagine Dragons (instrumental)

Cross-Curricular Links:

P.E.: Health, fitness, teamwork, sportsmanship

PSHE: Growth mindset, emotional development, well-being

English: Listening, reflecting, speaking and sharing ideas