# Name:

# Team Building Worksheet

1. Create a list in the boxes below of the qualities that make a good team and the qualities that make a bad team. (Include at least five qualities under each heading.)

|  |  |
| --- | --- |
| **Good Team** | **Bad Team** |
| 1.  2.  3.  4.  5. | 1.  2.  3.  4.  5. |

2. When you think about the different challenges you participated in during class the last two weeks, which activity did you enjoy the most? Why?

3. Think of a time that your group/team was successful. What made your team successful?

What did you, as an individual, contribute to make your team successful?

4. Now think of a time that your group/team was unsuccessful. What could your group do differently in order to be successful?

What could you, as an individual, do differently?

5. Why is learning good sportspersonship/teamwork skills in Physical Education a good life skill (how can you apply these qualities in other areas of your life)?

6. You will be participating in a lot of team/group activities throughout the school year. You contribution to the success of the team will be critical. Using a few sentences, describe what you will do personally to help your team be successful?