

**Bell Block School**  
**Personal Sports Study - Honours Points Project**  
**Sports Badge**

**Project Guidelines:**

In order to successfully complete this project you **must complete the compulsory tasks and collect 12 points** over a variety of 11 different tasks as part of the Personal Sports Study Project. Each task is worth a different amount of points. You can choose to complete your project in a variety of different formats of your own choice (eg. slide show, poster, paper, Canva document, video etc.). Once you have completed your tasks and are ready to submit it to your teacher for signing off **please attach and complete this task checklist to your project** either digitally or printed. Your classroom teacher can print this for you if required.

**Task Checklist:**

Task Number and Name	Number of Points	Tasks Completed	Teacher Sign Off
<u>Compulsory Task 1</u> Get Moving!	1	•	
<u>Compulsory Task 2</u> Achieving My SMART Goal	2	•	
<u>Task 3</u> Interview a Sports Role Model	2	•	
<u>Task 4</u> Train Someone for 4 Sessions	2	•	
<u>Task 5</u> Research a Healthy Meal	1	•	
<u>Task 6</u> Create 5 Motivational Sports Quotes	1	•	
<u>Task 7</u> Find a Community Sports Event	4	•	
<u>Task 8</u> Organise a Lunchtime Event	2	•	
<u>Task 9</u> Create an Activity for Your Neighbours	1	•	
<u>Task 10</u> Choose a Habit for Your Hauora (Wellbeing)	2	•	
<u>Task 11</u> Inspire a Staff Member at Bell Block School to Improve Their Hauora	2	•	
<b>12 Points Required to Complete Project</b>			

<p><b>1 Point</b></p> <p><b>Compulsory Task 1</b></p>	<p><b>Get Moving!</b></p> <p>This badge is all about setting a goal, getting active, and having fun with friends, whānau, or your community. Let's get moving!</p> <p><b>Task 1: Set a SMART Goal</b></p> <p>Your goal needs to be:</p> <ul style="list-style-type: none"> <li>• <b>Specific:</b> What exactly do you want to achieve?</li> <li>• <b>Measurable:</b> How will you track your progress?</li> <li>• <b>Achievable:</b> Can you realistically achieve it?</li> <li>• <b>Realistic:</b> Is it challenging but possible?</li> <li>• <b>Time Frame:</b> When do you want to achieve it?</li> </ul> <p><b>Example:</b>  <i>"I will train <b>2 times per week</b> to improve my rugby speed. I'll time my 50m sprint in <b>week 1</b>, then train for 1 month and time it again in <b>week 4</b>."</i></p>
<p><b>3 Points</b></p> <p><b>Compulsory Task 2</b></p>	<p><b>Achieving My SMART Goal</b></p> <p><b>Task 1: Create a 4-Week Training Programme</b></p> <p>Design a training plan that will help you achieve your SMART goal. Think about how often you'll train, what you'll do each session, and any rest days.</p> <p><b>Task 2: Track Your Progress</b></p> <ul style="list-style-type: none"> <li>• Take photos/videos of you in action.</li> <li>• Get feedback from a coach or someone who can see your progress.</li> <li>• Write down your own feedback to show you're staying active.</li> </ul> <p><b><u>Use this template to record your training!!</u></b></p>
<p><b>2 Points</b></p> <p><b>Task 3</b></p>	<p><b>Interview a Sports Role Model</b></p> <p><b>Task 1: Choose Your Role Model</b></p> <p>Find a sports role model you admire. This could be a local coach, a New Zealand athlete, or even an international athlete.</p>

	<p><b>Task 2: Interview and Record</b></p> <p>Connect with them and ask the following questions. Record the interview on video or create a reel, PowerPoint, or brochure to showcase the responses.</p> <p><b>Interview Questions:</b></p> <ol style="list-style-type: none"> <li>1. <b>Why is this athlete a role model for you?</b></li> <li>2. <b>What has been their biggest challenge?</b></li> <li>3. <b>How have they shown resilience?</b></li> <li>4. <b>What goals have they set for themselves?</b></li> <li>5. <b>What advice do they have for Year 7 &amp; 8 students?</b></li> </ol>
<p><b>2 Points</b></p> <p><b>Task 4</b></p>	<p><b>Train Someone for 4 Sessions</b></p> <p><b>Task 1: Choose Your Trainee</b></p> <p>Pick someone to coach - this could be a primary school team, a family member (like a brother, sister, or parent), or even a kaiako (teacher).</p> <p><b>Task 2: Plan Your Sessions</b></p> <p>You will coach them for <b>4 sessions</b>. Your aim is to help them become <b>RAWE – Striving for excellence in everything they do</b>.</p> <ul style="list-style-type: none"> <li>● <b>Session 1:</b> Focus on introducing the activity or skill.</li> <li>● <b>Session 2:</b> Build on the basics and challenge them a bit more.</li> <li>● <b>Session 3:</b> Provide more advanced techniques or strategies.</li> <li>● <b>Session 4:</b> Review progress and encourage improvement.</li> </ul> <p><b>Task 3: Take Photos or Videos</b></p> <p>Capture moments from each session to show your coaching in action.</p> <p><b>Task 4: Get Feedback</b></p> <p>After each session, ask the person you coached to give you feedback on how you did. How did you motivate them? Did they feel challenged or supported?</p> <p>Your goal is to help them improve and encourage them to strive for excellence. Have fun with it, and make sure to keep them engaged and motivated! Go for it! 🏆</p> <p><b><u><a href="#">Record your sessions and feedback on this template!</a></u></b></p>

<p><b>1 Point</b></p> <p><b>Task 5</b></p>	<p><b>Research a Healthy Meal</b></p> <p>Look up a healthy meal that an athlete could have before or during a sporting event. Focus on meals that provide energy, support recovery, and fuel the body.</p> <p><b>Task 2: Make the Meal</b></p> <p>Once you've found the perfect recipe, make the meal! Make sure to follow the recipe and include any key ingredients that will help with performance or recovery.</p> <p><b>Task 3: Write a Review</b></p> <p>After making the meal, write a review. Include:</p> <ul style="list-style-type: none"> <li>• How easy or hard it was to prepare.</li> <li>• How the meal looked, smelled, and tasted.</li> <li>• How you think this meal would help an athlete perform (e.g., energy, recovery).</li> <li>• Any adjustments you would make for next time.</li> </ul>
<p><b>1 Point</b></p> <p><b>Task 6</b></p>	<p><b>Create 5 Motivational Sports Quotes</b></p> <p>Come up with 5 original sports quotes that will inspire and motivate others who are into sports. Make them powerful and meaningful!</p> <p><b>Task 2: Explain the Meaning</b></p> <p>For each quote, write a brief explanation of what it means to you and why it's important in the context of sports.</p> <hr/> <p><b>Example Quotes and Explanations:</b></p> <ol style="list-style-type: none"> <li>1. <b>"Success is earned, not given."</b> <ul style="list-style-type: none"> <li>○ <b>Meaning:</b> Hard work and dedication are the keys to success. You have to put in the effort to see the rewards.</li> </ul> </li> </ol>
<p><b>4 Points</b></p> <p><b>Task 7</b></p>	<p><b>Find a Community Sports Event</b></p> <p>Look for a local community event, like a 5km run, walk, or sports competition. Choose one that you and your whānau or friends can</p>

	<p>participate in together.</p> <p><b>Task 2: Sign Up Yourself and Three Others</b></p> <p>Sign up for the event and get three of your whānau or friends to join you. It could be a sibling, cousin, parent, or friend - anyone you want to motivate!</p> <p><b>Task 3: Write a Contract</b></p> <p>Create a contract to show your dedication to the event. This contract should include:</p> <ul style="list-style-type: none"> <li>• <b>Your commitment to the event</b> (e.g., attending training, participating in the event).</li> <li>• <b>What you want to achieve</b> (e.g., finishing the event, setting a personal best, or having fun).</li> <li>• <b>How you'll support each other</b> throughout the journey.</li> </ul> <p><b>Task 4: Take a Photo at the Finish Line</b></p> <p>Make sure to snap a photo of yourself and your whānau or friends at the finish line, celebrating your achievement!</p> <p><b>Task 5: Post-Event Interview</b></p> <p>After the event, interview your participants and ask:</p> <ul style="list-style-type: none"> <li>• <b>What were they most proud of?</b></li> <li>• <b>What challenges did they overcome?</b></li> <li>• <b>How did they feel after completing the event?</b></li> </ul> <p>This is a great way to bond with your whānau and friends while participating in something meaningful together. Go out there and make it happen! 🎉</p>
<p><b>2 Points</b></p> <p><b>Task 8</b></p>	<p><b>Organise a Lunchtime Event</b></p> <p>Plan and organise a lunchtime sports event at school! Choose a sport that's easy to play and fun for everyone, such as touch rugby, soccer, or basketball.</p> <p><b>Task 2: Set the Details</b></p> <p>Decide on the following:</p> <ul style="list-style-type: none"> <li>• <b>Date and time:</b> When will the event take place during lunchtime?</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Location:</b> Where will it be held (e.g., school field, gym, or playground)?</li> <li>• <b>Teams:</b> Will it be a team event or individual competition?</li> <li>• <b>Rules:</b> What are the basic rules for the game? Make sure they're clear and simple for everyone to follow.</li> </ul> <p><b>Task 3: Run the Event</b></p> <p>On the day of the event, make sure to:</p> <ul style="list-style-type: none"> <li>• Gather the participants.</li> <li>• Explain the rules and organise the teams.</li> <li>• Run the event smoothly, ensuring everyone has fun and stays active.</li> </ul> <p>This is your chance to show your leadership skills while getting everyone active and having fun! Go for it!</p>
<p><b>1 Point</b></p> <p><b>Task 9</b></p>	<p><b>Create an Activity for Your Neighbours</b></p> <p>Set up a fun, active challenge in your neighbourhood to encourage people to get moving when they walk by. You can create:</p> <ul style="list-style-type: none"> <li>• <b>An obstacle course</b> outside your house using everyday items (e.g., cones, ropes, chairs).</li> <li>• <b>Draw or set up activities</b> like hopscotch, high knees, or jumping jacks for people to try as they walk past.</li> <li>• <b>Create a workout</b> that neighbors might want to join, like a short circuit or stretching routine.</li> </ul> <p><b>Task 2: Encourage Community Participation</b></p> <ul style="list-style-type: none"> <li>• <b>Invite neighbors</b> to join in and get active with you.</li> <li>• <b>Jump online</b> and do a live workout with a friend or neighbor to inspire others.</li> <li>• Make it fun and engaging for everyone, no matter their fitness level!</li> </ul> <p><b>Task 3: Take a Photo</b></p> <p>Snap a picture of your obstacle course, activity setup, or you leading the workout. Show how you're encouraging your community to move!</p>
<p><b>2 Points</b></p> <p><b>Task 10</b></p>	<p><b>Choose a Habit for Your Hauora (Wellbeing)</b></p> <p>Pick a habit that will help promote your wellbeing (hauora). Here are</p>

	<p>some ideas:</p> <ul style="list-style-type: none"> <li>• <b>Limit screen time by 50%</b> (reduce the time spent on devices).</li> <li>• <b>Drink 3L of water per day</b> (stay hydrated).</li> <li>• <b>Sleep 9 hours each night</b> (prioritise rest).</li> <li>• <b>Be grateful every day</b> (write down 3 things you're grateful for).</li> <li>• <b>Journal your progress</b> (track your journey each day).</li> </ul> <p><b>Task 2: Implement the Habit for 21 Days</b></p> <p>Start practicing your chosen habit every day for 21 days. This is the key to forming a new routine and making it a healthy habit!</p> <p><b>Task 3: Track Your Progress</b></p> <p>Keep track of your progress by:</p> <ul style="list-style-type: none"> <li>• <b>Writing in a journal</b> to reflect on how the habit is going.</li> <li>• <b>Taking notes on how you feel</b> (energy, mood, motivation) each day.</li> <li>• <b>Evaluating how it impacts your hauora</b> (mental, physical, emotional health).</li> </ul> <p><b><u>Use this tracker if you would like!</u></b></p> <p><b>Task 4: Reflect After 21 Days</b></p> <p>At the end of 21 days, reflect on your experience:</p> <ul style="list-style-type: none"> <li>• Was it easy or hard to stick to the habit?</li> <li>• How do you feel now compared to before you started?</li> <li>• Will you continue this habit?</li> </ul>
<p><b>2 Points</b></p> <p><b>Task 11</b></p>	<p><b>Inspire a Staff Member at Bell Block School to Improve Their Hauora</b></p> <p><b>Task 1: Choose a Staff Member</b></p> <p>Pick a staff member at Bell Block School to work with. This could be a teacher, a coach, or any staff member you admire.</p> <p><b>Task 2: Create a Healthy Habit</b></p> <p>Help them create a healthy habit that will improve their hauora (wellbeing). Here are some habit ideas:</p> <ul style="list-style-type: none"> <li>• <b>No takeaways for 7 days</b> (focus on healthy homemade meals).</li> </ul>

	<ul style="list-style-type: none"> <li>● <b>Be active for 30 minutes each day</b> (e.g., walking, cycling, yoga, etc.).</li> </ul> <p><b>Task 3: Support and Inspire</b></p> <p>Encourage and motivate your staff member to stick to their new habit for 7 days. You can:</p> <ul style="list-style-type: none"> <li>● Help them set reminders.</li> <li>● Offer support or join them in their activities.</li> <li>● Celebrate their successes along the way!</li> </ul> <p><b>Task 4: Conduct a Mini Interview</b></p> <p>After 7 days, do a quick interview with them:</p> <ul style="list-style-type: none"> <li>● <b>How did the habit go?</b></li> <li>● <b>What was challenging or easy?</b></li> <li>● <b>How did it impact their hauora (physical, mental, emotional health)?</b></li> <li>● <b>Will they continue this habit after the 7 days?</b></li> </ul> <p><b>Task 5: Reflection</b></p> <p>Have the staff member reflect on how this habit has improved their wellbeing. Document their responses to show their growth!</p>
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