

Creative Seeds

UNIT 8: SPORTS SPIRIT

Theme: Teamwork & Sportsmanship



Unit 8 Overview: *Sports Spirit*

Theme: Teamwork & Sportsmanship

Welcome to Unit 8, Sports Spirit—a unit that celebrates teamwork, perseverance, and sportsmanship. In this unit, students will explore the importance of collaboration and encouragement in achieving shared goals, both on and off the field. Through motivational speeches and writing tasks, students will strengthen their communication skills and learn to express gratitude and inspire others.

Speaking Focus: Motivational Speech

Students will prepare and deliver a motivational speech as the captain of a sports team, inviting their schoolmates to join the team. They will practise using persuasive language to emphasize the value of teamwork and describe the benefits of being part of a supportive team. This activity builds confidence in delivering inspiring messages and persuading an audience.

Writing Focus: Email of Appreciation

Students will write an email of appreciation to their team coach, thanking them for leading the school football team to victory as champions. In their email, they will express gratitude for the coach's support, training, and guidance, and invite the coach to a celebration party. They will focus on formal email structure, including salutation, body, closing, and tone, to develop professional and respectful correspondence.

Learning Objectives

By the end of this unit:

- Students will be able to deliver a motivational speech that persuades and inspires others to join a team.
- Students will be able to write a formal email of appreciation using an appropriate structure and tone.
- Students will be able to reflect on the importance of teamwork and sportsmanship in achieving shared success.

We hope this unit encourages students to value collaboration, speak confidently to inspire others, and express gratitude thoughtfully.

Let's embody the sports spirit together!

Part 1: Speaking – Motivational Speech

1.1 Warm-Up: What is Argumentative Speech?

A motivational speech is about **encouraging** people to do something and making them feel **confident, positive, and ready to act**.

Think of it like this:

- You want to **inspire** people.
- You want to **encourage** them to try.
- You want to make them feel they can **do it**.

Identify the speech type.

Read each sentence. Write the correct type of speaking.

Choose from:

- (A) Motivational speech (B) Persuasive speech
(C) Informative presentation (D) Argumentative speech

1. Come and join our team — together, we can grow stronger and more confident.

Answer: _____

2. You should join the school football team because it helps you improve your fitness, teamwork, and self-discipline.

Answer: _____

3. Volleyball is played by two teams, and each team tries to send the ball over the net and into the other side of the court.

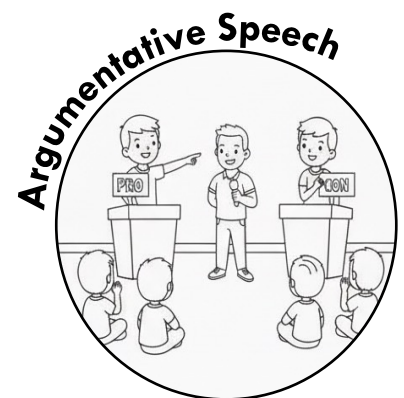
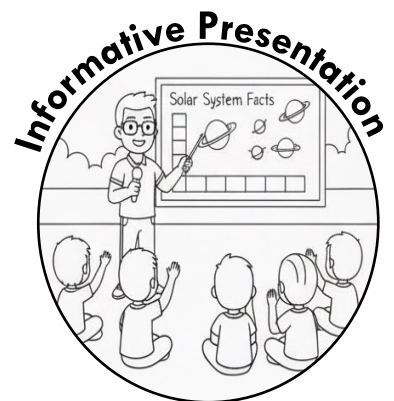
Answer: _____

4. Everyone should take part in team sports because they teach cooperation and responsibility.

Answer: _____

5. Do not worry if you are new — every great player started as a beginner.

Answer: _____



1.2 Planning Your Speech

Use the outline below to plan your presentation.

Part 1: Greeting and Purpose - introduce yourself and invite schoolmates to join

Part 2: What the Team Is Like - briefly describe the team, the sport or the activities

Part 3: Reasons to Join - explain the benefits

Part 4: Encouragement for Everyone - show that beginners are welcome and effort is important

Part 5: Closing - end with a positive message and a clear invitation to join

1.3 Choosing Your Sports Team

Before you start writing, choose one sports team for your speech. Pick a team that you know something about and can describe with confidence.



Basketball Team



Volleyball Team



Swimming Team



Tennis Team



Badminton Team



Football Team



Table Tennis Team



Athletics Team



Hockey Team



Rugby Team

1.4 Building Your Introduction

Your introduction is like the first impression you make. It needs to grab attention, tell us what you're talking about, and clearly state your opinion!

Part 1: Greeting and Purpose

Part 1: Hook - Start with a Fun Fact!

_____ Some health experts say _____.

_____ Research shows that _____.

Part 2: Introduce the Topic - clearly tell your audience what your speech is about.

Today, I would like to invite you to _____.

_____.

1.5 What the Team is like

Use the table to plan what you want to say about the team.

Part 2: What the Team Is Like

Type of sport	Our team is a school _____ team.
Who can join	It is open to students who _____.
When / where the team meets	Our training sessions take place _____.
What students do in training	During practice, we usually _____.
Team atmosphere	Our team is friendly, supportive, and _____.
Activities beyond practice	We also have chances to _____.

End this part with a positive impression

This makes the team enjoyable and meaningful.

Because of this, joining the team can be a rewarding experience.

That is why our team is a great place to learn, grow, and have fun.

1.6 Reasons to Join

This is the main body of the speech. In this part, explain why joining the team is a good idea. Each reason should be written as one paragraph.

Use the structure below to introduce your reasons.

Point - This is the topic sentence of the paragraph. It states the main benefit of joining the team in a clear and direct way.

Explain - This part gives more details about the reason. It explains why this benefit is important and how it can help in school life or personal growth.

Example - This part makes the idea more specific. It can include an example, a possible situation, or a positive result to show how the benefit works in real life.

Link back - This is the closing sentence of the paragraph. It connects the benefit back to the main purpose of the speech and reminds the audience why joining the team is a good idea.

Choose two strong reasons that can be explained clearly with good examples.

Part 3a: Main Reason to Join

Point = What is your reason?

A major benefit of joining the team is that...

Explain = Why is this good?

As students take part in the team, they can...

Example / Result = What can happen because of it?

For example,...

Link back = Why should students join the team because of this?

_____ For this reason, the team is a good place to grow and improve.

_____ That is why joining the team can be a great choice.

Part 3b: Another Reason to Join

Point = What is your reason?

Another reason to join is that...

Explain = Why is this good?

By joining the team, students learn how to...

Example / Result = What can happen because of it?

This means that...

Link back = Why should students join the team because of this?

_____ This shows that joining the team can really benefit students.

_____ That is one reason why I encourage you to join the team.

1.7 Closing Speech

The final part of the speech should make the audience feel encouraged and inspired. It should show that beginners are welcome, remind everyone that effort is more important than skill, and end with a clear invitation to join. A strong ending should also leave the audience with a positive final message.

Part 4 and 5: Ending Your Speech

1. Encouragement — show that everyone can join, even without experience.

Even if you are a beginner, _____.

2. Reassurance — remind the audience that what are more important than being the best.

What matters most is _____.

3. Closing invitation — invite classmates clearly and directly

So, I would like to invite you to _____.

4. Positive final message — finish with confidence and a memorable idea.

Take the first step and _____.

1.8 Class Showcase

Present your speech to the class.

Performance Checklist: Do a self-evaluation and tick the right box.

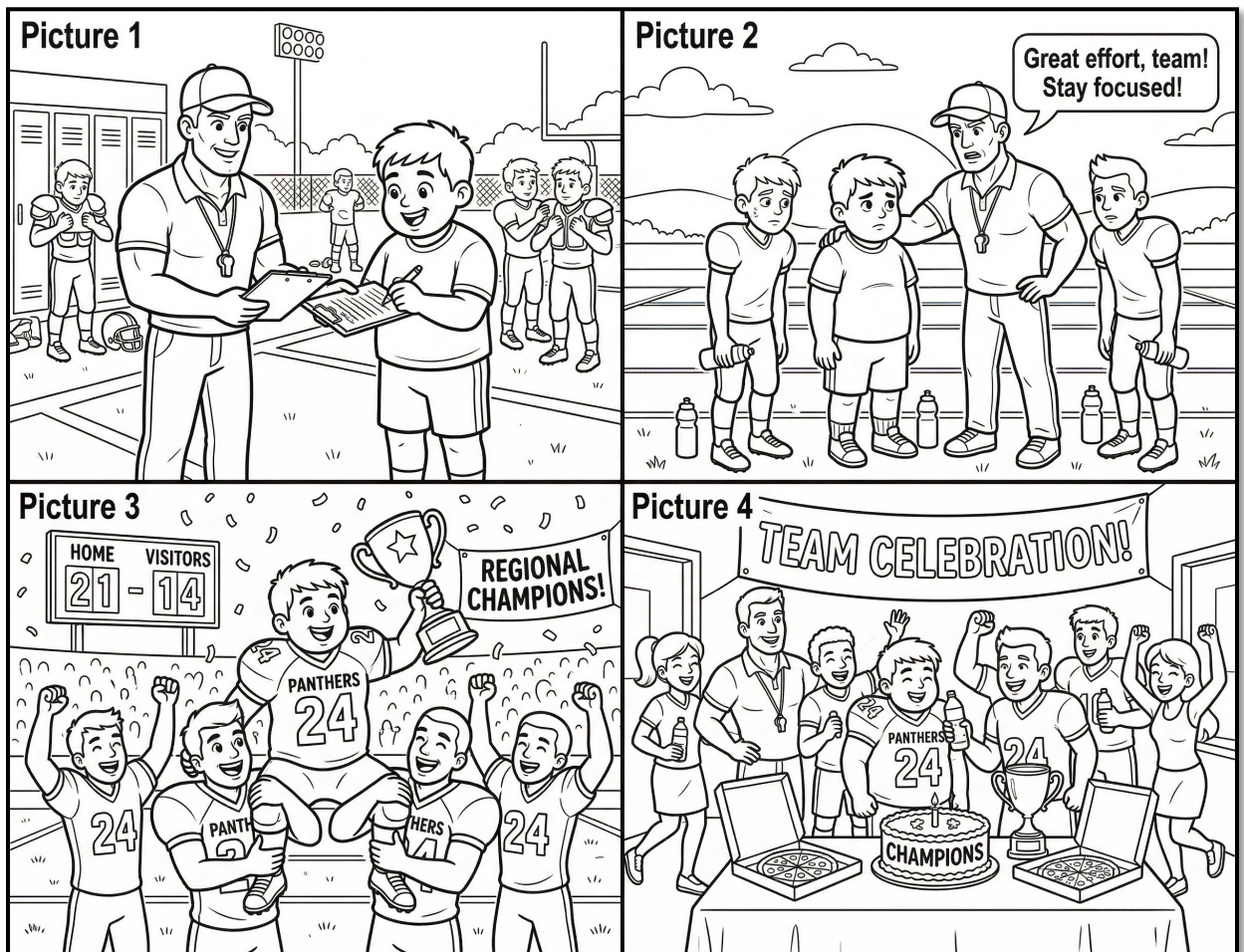
	Myself
Did I speak clearly and loudly enough?	
Did I maintain a steady pace without rushing?	
Did I use proper body language?	
Did I make eye contact?	
Did I smile and appear friendly?	
Did I speak confidently?	

Part 2: Writing – Email of Appreciation

2.1 An Email of Appreciation

How do we show appreciation to someone who has helped us succeed? Appreciation means recognising another person's effort, support, and guidance. In sports, a good coach does more than teach skills. A coach encourages the team, builds confidence, and helps players work together. In this task, you will write a formal email of appreciation to your team coach, thanking them for leading the school football team to victory. You will also invite the coach to a celebration party in a respectful tone.

A Thank-You Email to Our Coach



2.2 Let's Discuss!

Let's dive into an exciting discussion to prepare for your writing task!

- How did a coach help a team become champions?
- How might the players feel after winning the championship?
- Why is it important to thank people who support and guide us?
- How would you celebrate after winning a championship?

2.3 Format of a formal email

For a formal email to a coach, use a clear and polite structure.

To:	()
Subject:	()
Greeting ()	
Opening ()	
Body	
Closing sentence ()	
Sign-off ()	
Sender's name ()	

Read the phrases and sentences below. Choose the correct ones for each part of the email. Write the letter in each blank in the template.

A	Adam
B	coachbobby@ilovefootball.com
C	I am writing to express my sincere appreciation for your support, training, and guidance throughout the football season.
D	Dear Coach,
E	Thank you once again for everything you have done for us. We truly appreciate your hard work and support.
F	Yours sincerely,
G	Thank You for Your Support and Guidance

2.4 Formal and Informal Emails

Emails can be formal or informal, depending on who you are writing to and why you are writing.

Formal Emails	Informal Emails
written to a coach, _____, _____, or organisation	written to a _____ or _____
_____ and respectful tone	friendly and relaxed tone
uses formal expressions	uses _____ expressions
avoids slang and short forms e.g. _____	may use contractions and everyday language e.g. _____
ends with _____ sign-off	ends with friendly sign-off

2.5 Write an Email

Use the guiding questions to help write each part of our formal email of appreciation.

Email content:

- What is your email address?
- Does your subject clearly show that you are writing to thank your coach?
- Who are you writing to?

Opening

- How can you greet your coach in a polite way?
- Why are you writing this email?
- How can you express appreciation at the beginning of the email?

Body Paragraph 1 – Appreciation for the coach

- What support, training, or guidance did the coach give?
- How did the coach help the players improve?
- What qualities of the coach do you appreciate?
- How did the coach help the team become champions?

Email content:

Body Paragraph 2 – Invitation to the celebration party

- Why are you inviting the coach to the celebration party?
- When and where will the party be held?
- How can you invite the coach in a polite and respectful way?
- Why would it be special if the coach could attend?

Closing

- How can you thank the coach again?
- How can you show respect and appreciation in your final sentence?
- How can you express hope that the coach will come to the party?
- How can you end the email in a polite and positive way?

Sign-off

- What formal sign-off can you use?

2.6 Final Checklist

Proofread the story and check the box.

- Sentences begin with a capital letter.
- Full stops, commas, and question marks are used correctly.
- The email format is correct: subject, greeting, body, sign-off, and name.
- The tone is friendly, caring, and supportive.
- Advice is given clearly using suitable phrases.
- Healthy lifestyle ideas are included.
- Sentences are complete — no fragments or run-on sentences.
- Connectors are used to organise ideas clearly.
- All words are spelt correctly.