



**Smart School Councils**

# DEBATE PACK

Are you passionate about sharpening your critical thinking and speaking skills?

**IN LIFE, IS IT MORE IMPORTANT TO WIN OR HAVE FUN?**



[WWW.SMARTSCHOOLCOUNCILS.ORG](http://WWW.SMARTSCHOOLCOUNCILS.ORG)

# How to Use this Debate Pack

Whether you have just a few minutes or a full lesson, this Debate Pack has got you covered. Check out the Certificates at the end too.

## How to find the debate video and send to teachers

1. Log in to the [Smart School Councils platform](#) using your school details.
2. Click on the blue Class Meeting Tool button in the dashboard.
3. Click on 'Next Meeting' at the top of the page.
4. To get started, click on 'click here' to browse existing questions and options.
5. If the debate topic is part of this week's question, it will appear there. Otherwise, click 'Search All' and type in the debate topic you're looking for.

### Got five minutes?

Play the debate video straight through and dive right into the debate. No need to pause at the prompts. It's a quick, engaging way to get your students thinking.

### Got 10/15 minutes?

Pause at the prompts in the video to explore additional ideas your class might have. Use the additional points or Power Facts if you'd like.

### Want to extend to 30 minutes or a full lesson?

Check out the lesson plan and writing tasks below. There is also a full Fact Sheet with amazing further reading if your students want to go deeper on the topic.

## What do the icons in the pack mean?



This is what the presenter says on the video



This is a Power Fact to explain or prompt debate that's not in the video



This is an additional debate point that's not in the video

# Introduction and Brain Gym Question

## Introduction



Welcome to Big Debate Club!

My name is Becky and today we are debating the question...

In life, is it more important to win or have fun?

When you play a sport or play a video game or take part in any competition or goal at school, would you rather win or have fun, if you could only choose one? Winning and having fun are both things we care about, they both give us a sense of purpose and joy but we need to decide which is more important.

Some would argue that winning matters most because it shows your hard work pays off and success can mean new opportunities. But others argue that enjoying yourself is more important, because life isn't just about being first or perfect, it's about enjoying your life. So which is more important? You decide.

## Brain Gym Question

Before we get started with the debate, I have a question for you...

According to a 2016 survey by the Women's Sports Foundation, what percentage of children said their main reason for playing sports was to have fun?

- a) 26%
- b) 53%
- c) 74%
- d) 91%

In life, according to the World Health Organisation, people who regularly engage in enjoyable activities report up to 40% higher life satisfaction compared to those who don't prioritise enjoyment. But do you enjoy more if you win? (Source: *WHO*, [LINK](#))



## FOR: In life, it is more important to win than have fun

We're going to share reasons for both sides of the debate, then it's up to you to think of the rest!


### Winning can mean confidence and a sense of accomplishment



You might be thinking that winning can mean confidence and a sense of accomplishment. When you win your game or competition, it provides you with a sense of accomplishment - that all the time or hard work you have put in has paid off and you feel the confidence that you could achieve your win.

### Successful wins can mean new opportunities and motivation to win

You could say that successful wins can mean new opportunities and motivation to win more. If you win often, it can mean other opportunities arise. For instance, if you're such a winner at a sport or video game, you could get paid to play it professionally. If you know jobs or other opportunities could come from winning, it will keep you focused and motivated to work towards your wins.

Can you think of another reason why you might argue that in life, it is more important to win than have fun? 

### Winning can strengthen confidence and self-belief



It is more important to win as achieving victory can strengthen confidence and belief in your abilities. According to Verywell Mind, students who experience success show higher self-confidence levels by up to 20%. (Source: Verywell Mind, [LINK](#))

### Winning can increase motivation and effort



Success through winning and competition can push people to work harder and improve their skills - thereby pushing them to be better. According to the American Psychological Association, 69% of people say competition motivates them to perform better. (Source: APA, [LINK](#))



## AGAINST: In life, it is more important to have fun than to win

Now let's change positions and consider why you might argue that in life it is more important to have fun than it is to win.




### Activities being fun can keep everyone engaged

You might think that activities being fun can keep everyone engaged. Sport England reports that children are more likely to stay active when activities are enjoyable. Even if somebody doesn't win, if something stops being fun, many people quit, meaning they lose the long-term benefits of staying active or engaged so being fun is more important over winning.

### Having fun improves well-being

Or you could also say having fun improves well-being. Enjoying activities helps reduce stress and build positive relationships. Psychologists say having fun improves mental health and helps people feel connected, which can be just as important as achieving success.

Can you think of another reason why you might argue that it is more important to have fun in life, than to win? 

## Enjoyment encouraged long-term participation



People are more likely to stick with activities they enjoy and this can encourage someone to take part in activities long term, which will be especially beneficial if it is healthy for you, such as sport. For instance, according to studies by the Aspen Institute, 70% of children quit sports by age 13 if they stop having fun. (Source: *The Aspen Institute*, [LINK](#))

## Focusing on winning can cause burnout

Too much pressure to win or not being satisfied when you don't win can harm a person's mental health. For instance, the Mental Health Foundation states that 1 in 3 young people report stress due to performance pressure. Therefore focusing on taking part for fun rather than winning can be better for your well-being. (Source: *Mental Health Foundation*, [LINK](#))



# FactSheet: In life, is it more important to win or have fun?



Here's six key facts - three on each side - if you'd like to go a little deeper.

## It is more important to win

### ***Winning can increase motivation and effort***

Success through winning and competition can push people to work harder and improve their skills - thereby pushing them to be better. According to the American Psychological Association, 69% of people say competition motivates them to perform better. (Source: APA, [LINK](#))

### ***Winning boosts confidence and self-belief***

It is more important to win as achieving victory can strengthen confidence and belief in your abilities. According to Verywell Mind, students who experience success show higher self-confidence levels by up to 20%. (Source: Verywell Mind, [LINK](#))

### ***Winning prepares you for real life situations***

Winning is more important because many real-life situations involve competition, such as jobs or exams. According to the Harvard Business Review, 74% of adults say competition helped prepare them for work life. (Source: Harvard Business Review, [LINK](#))

## It is more important to have fun

### ***Focusing on winning can cause burnout***

Too much pressure to win or not being satisfied when you don't win can harm a person's mental health. For instance, the Mental Health Foundation states that 1 in 3 young people report stress due to performance pressure. Therefore focusing on taking part for fun rather than winning can be better for your well-being. (Source: Mental Health Foundation, [LINK](#))

### ***Enjoyment encourages long-term participation***

People are more likely to stick with activities they enjoy and this can encourage someone to take part in activities long term, which will be especially beneficial if it is healthy for you, such as sport. For instance, according to studies by the Aspen Institute, 70% of children quit sports by age 13 if they stop having fun. (Source: The Aspen Institute, [LINK](#))

### ***Enjoyment encourages creativity and learning***

During life and education, people learn better when they're having fun during what they're doing. According to Edutopia, enjoyment improves learning and memory by up to 20%, so having fun can increase your ability to learn and remember which can be beneficial to your future. (Source: Edutopia, [LINK](#))

# Sentence Starters

## POINT

LEMON & HERB: One reason why I (agree/disagree) with this debate is because...

MEDIUM: One point I have for this debate is...

HOT: You could say that...

## EVIDENCE

LEMON & HERB: One way I can prove my point is through this example...

MEDIUM: I can show this works through the fact that...

HOT: I know this because...

## EXPLANATION

LEMON & HERB: The evidence I have discussed above proves my point as...

MEDIUM: This example proves my point because...

HOT: Therefore, this proves my point as...

## LINK

LEMON & HERB: All together, this answers the debate question asked by...

MEDIUM: This point answers the overall question because...

HOT: These ideas answer the debate as...





**Post your debate on  
social media!**

# **SHARE YOUR VOICE**

**We shout out the best opinions each week**

**#BIGDEBATECUB**

**TWITTER @SSCCTV**

**INSTAGRAM @SMARTSCHOOLCOUNCILS**



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# DEBATER OF THE WEEK

We are proud to present this certificate to...

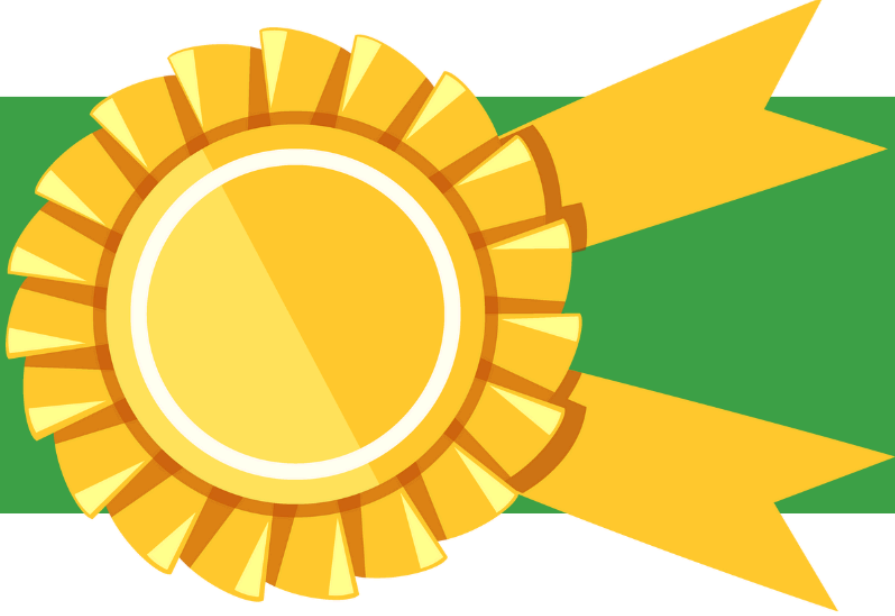
For debating fairly, respectfully and persuasively. Well done!

**Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!**



Greg Sanderson

Founder, Smart School Councils



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# CLASS MEETING LEADER OF THE WEEK

We are proud to present this certificate to...

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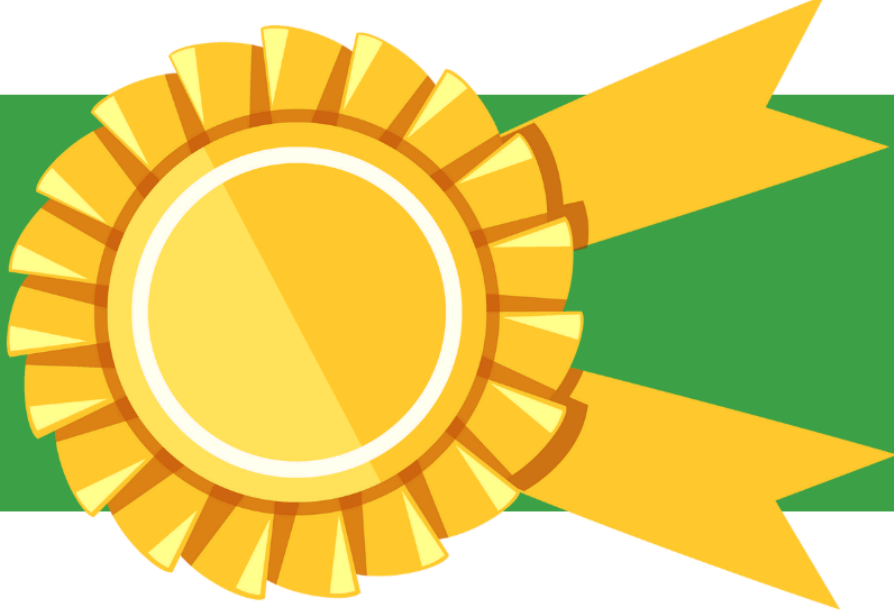
For showing skill and confidence in leading today's Class Meeting.

**Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!**



Greg Sanderson

Founder, Smart School Councils



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# BEST IDEA OF THE WEEK

We are proud to present this certificate to...

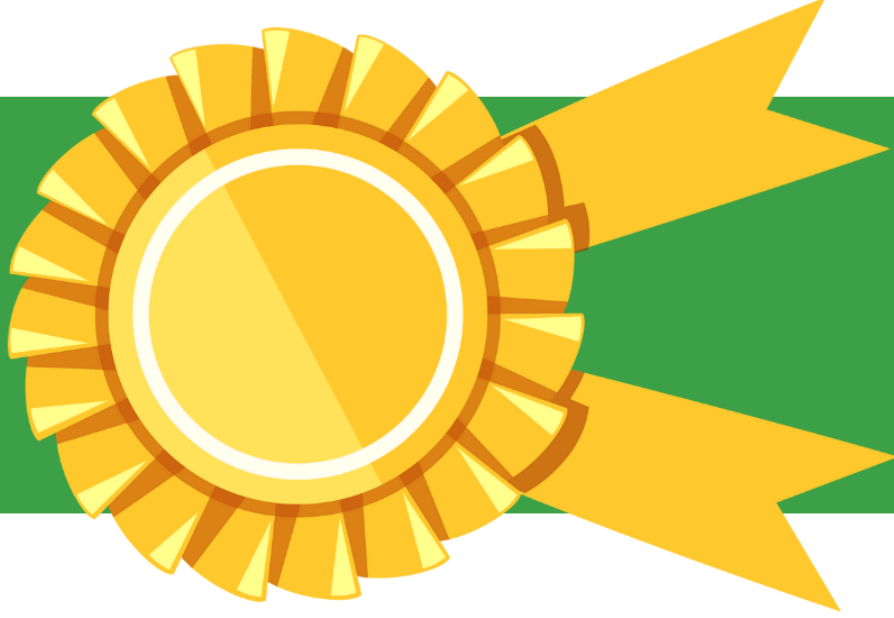
For speaking up with a great new idea on today's topic. Amazing.

**Share a snap or video @SSCCTY on Twitter for a national shoutout and a prize!**



Greg Sanderson

Founder, Smart School Councils



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