

SPORTS DAY

SESSION B



LEARNING OBJECTIVES:

To be able to use courage to improve ourselves even when we think we are not good at something.

Script:

“Last week, we made a list of sports day events and you decided on an event that you believed you were not very good at. Today, we are going to go into the hall and you will use your ideas from last week to show that you can be determined, not give up and see something through to improve your skills.”

Suggested Resources:

Resources planned by the children from the previous lesson.

Character Coaching

Meaningful Praise:

It takes great courage to be determined and not give up.

Guidance:

It is not easy to practise something when you think you are not good at it. What would a courageous person do?

Suggested Activities:

Take the children into the hall/playground and ask them to set up their sports day activity and work with a partner to practise their event.

Plenary:

Select some of the children to come to the front. Ask them how they felt at the start of their event and how they feel afterwards. How did they score themselves at the start? How would they score themselves now? What have they learned from this exercise?

Correction:

You may not always be able to face your fears, but it is important to be brave enough to try.

COURAGE

4

