

The Character Curriculum

Flourishing for Life



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| <p>Y10: Physical Health L2 - Exercise</p> | <p>Learning objective:</p> <ul style="list-style-type: none"> - To develop an understanding of the importance of exercise on physical and mental well-being. | <p>Key vocabulary: Dopamine, serotonin, alertness, attention, motivation Key virtues: Self-regulation, reasoning, resilience, teamwork, motivation, determination</p> |
| <p>Resources: PowerPoint presentation, Facts about exercise (resource 1), Steve Redgrave factsheet (resource 2).</p> | <p>Statutory links: PSHE guidance (2020) Students learn...</p> <ul style="list-style-type: none"> - the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health. | |
| <p>Key questions:</p> <p>What are the benefits of an active lifestyle?</p> <p>How does an active lifestyle affect general well-being?</p> <p>What virtues are required to develop an exercise regimen?</p> <p>How does being in a school community make a difference to developing good exercise habits?</p> <p>What creative ways can you think of to develop</p> | <p>Learning activities:</p> <p>Starter:</p> <ul style="list-style-type: none"> - What would life be like without the opportunity to exercise? - How would that affect how you live your life? - What would the impact be on your daily routines and activities? <p>How does this clip portray a future with no exercise? https://www.youtube.com/watch?v=h1BQPv-iCkU [available 05/20] (Hyman dystopia – clip from Wall-E)</p> <p>Activity 1: The facts about exercise</p> <p>Read through the facts about exercise resource sheet with your partner. Are there any facts here that surprise you? Are any of these unexpected? Do you relate to any of these facts? Can you give any examples from your own life where exercise has benefited you in any of the areas mentioned? Are there any other impacts haven't been outlined?</p> <p>How has exercising or not exercising for a period of time had an effect on you? How does it affect your mood? How does it affect your sleep? How does it affect your ability to study and undertake academic work?</p> | |

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| <p>an exercise plan and an active lifestyle?</p> | <p>Activity 2: How do you exercise?</p> <p>Watch the video link discussing different ways in which people incorporate exercise into their daily lives. https://www.youtube.com/watch?v=d0pgHKCGqss&list=PL5E2CE6C6078B11E6&index=2 [available 05/20] (Keep healthy with 150 minutes of exercise a week – NHS)</p> <p>Think about how you currently exercise and what ideas you could use to develop your exercise plan. Write a journal article outlining how you currently incorporate exercise, how it impacts your life and how you can develop your exercise plan. Share your article with your partner.</p> <p>Activity 3: Exercise and Character</p> <p>What virtues do you need to develop an effective exercise plan? Discuss in groups. Pick 2-3 virtues that you have identified as crucial and plan what steps you need to take to help develop them.</p> <p>Activity 4: Steve Redgrave</p> <p>Read the Steve Redgrave profile and discuss with a partner the following questions.</p> <ul style="list-style-type: none">- What has Steve had to overcome in his sporting life?- Why has this been such a significant challenge for him?- What virtues has Steve Redgrave had to display in order for him to achieve his goals?- What can you emulate in your life from Steve's story? |
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