

The Character Curriculum

Flourishing for Life



<p>Y10: Physical Health L3 - Sleep</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To explore what happens when we sleep, the benefits and challenges of getting a good night's sleep and strategies to promote good quality sleep, including where to seek support. 	<p>Key vocabulary: Sleep, routine, regeneration, growth, mood, memory, rest, energy, immunity, environment and sleep hygiene</p> <p>Key virtues: Self-regulation, reasoning</p>
<p>Resources: PowerPoint presentation</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 quality sleep?</p> <p>How does the quality of sleep affect general well-being?</p> <p>Does the quality of sleep have an effect on the development of character?</p> <p>What virtues are required to develop a good sleep pattern?</p> <p>How might someone improve the quality of their sleep?</p>	<p>Learning activities:</p> <p>Starter:</p> <p>What is sleep? Why is it important? Work with a partner to identify everything you know about the benefits of sleep.</p> <ul style="list-style-type: none"> - How would you define 'good quality sleep'? <p>Feedback to the class with your answers and discuss.</p> <ul style="list-style-type: none"> - What are the benefits of good quality sleep? - How can sleep affect a person's wellbeing? - How might someone improve the quality of their sleep? <p>Activity 1: Benefits of sleep</p> <p>Ask students to engage with the questions below.</p> <ul style="list-style-type: none"> - What has been their experience with sleep pattern and routines? - How might they encourage someone to boost the quality and regularity of their sleep? 	

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Activity 2: Sleep: the facts

Use the PowerPoint to outline the benefits of good sleep. Emphasise that sleep has a positive impact on both our brain function and our body function. Students to discuss whether they follow these principles? Are there facts amongst these which they find challenging? If so, why?

Activity 3: Sleep and your character

- How might ensuring you have a good sleep pattern impact on your character?
- What virtues do you need to instill to ensure you develop good sleeping habits?
- What type of behaviours might you need to reduce or completely eradicate to ensure you are able to sleep well and develop good sleep habits?

Look at the PowerPoint and complete the task labelling student A and B with particular emphasis on the questions below.

- How might they perform in school?
- How might they look?
- How might they feel?
- What do they do or not do during the day?
- How might their character be affected? What might this look like?

Activity 4: Plan a podcast conversation

Watch the video https://www.youtube.com/watch?time_continue=11&v=q_9_fCgl7yY&feature=emb_title [available 05/20] (Sleep! Let's talk about it!) which describes some of the issues around getting into good sleeping habits. The video mentions a 3 part process for developing good sleeping patterns:

B. E. D. stands for: **B**edtime routine, bedroom **E**nvironment, **D**aytime routine.

- Do you think this is an effective strategy?
- Are there good ideas here?
- Do you already use any of them?

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	<p>With a partner record a podcast conversation on the following aspects of developing a sleep routine:</p> <ul style="list-style-type: none">- Explanation of how either bedtime routine, bedroom environment or daytime routine benefits sleep- Suggestions on how to build opportunities for rest and downtime- Strategies for how someone could improve their quality of sleep- Advice on what to do if someone's quality of sleep does not improve
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