

# The Character Curriculum

Flourishing for Life



<p><b>Y5: Exercise</b> L3 – Reflecting on exercise</p>	<p><b>Learning objective:</b></p> <ul style="list-style-type: none"> <li>- To reason and apply the virtues needed to overcome barriers to exercise.</li> </ul>	<p><b>Key vocabulary:</b> Confidence, determination, motivation, perseverance, teamwork, obesity, barriers, mental health, stress, anxiety, <b>Key virtues:</b> Courage, confidence, team work, perseverance</p>
<p><b>Resources:</b></p> <p>PowerPoint</p> <p>Reflection table (can be printed from the PowerPoint)</p>	<p><b>Statutory links:</b> Health Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> <li>- The characteristics and mental and physical benefits of an active lifestyle.</li> <li>- The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</li> <li>- The risks associated with an inactive lifestyle (including obesity).</li> </ul>	
<p><b>Key questions:</b></p> <p>What are the benefits of exercise?</p> <p>What is the problem?</p> <p>How would you feel?</p> <p>What are the virtues needed?</p> <p>What would a wise solution be?</p> <p>What are your exercise goals?</p> <p>How will you achieve them?</p>	<p><b>Learning activities:</b></p> <p><b>Starter:</b> True/False</p> <p>Read out the true/false statements about exercise. Ask children to move to the left side of the room if they think they are true and to the right side of the room if they think they are false. Discuss the facts around each of the statements.</p> <ul style="list-style-type: none"> <li>- Exercise can improve your memory.</li> <li>- You should exercise once a week.</li> <li>- Your body temperature decreases when you exercise.</li> <li>- Exercise can help you to feel good about yourself.</li> <li>- Exercise can decrease your risk of serious diseases including heart disease and strokes.</li> <li>- Exercise only has physical benefits.</li> <li>- Your heart beat slows down when you exercise.</li> </ul> <p><b>Activity 1:</b> Moral dilemma</p> <p>Look at the moral dilemma on the PowerPoint together.</p> <ul style="list-style-type: none"> <li>- What is the problem?</li> <li>- How would you feel?</li> <li>- What virtues are involved?</li> </ul>	

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- What would a 'wise' solution be?

**Plenary:** Reflection

Children to complete reflection table, thinking about exercise:

What I'm happy with	What I would like to work on	My goal	How I will achieve my goal?