

# The Character Curriculum

Flourishing for Life



<p><b>Y7: Exercise</b> L1 - Developing through Exercise</p>	<p><b>Learning objective:</b></p> <ul style="list-style-type: none"> <li>- To identify the virtues that can be developed through exercise.</li> </ul>	<p><b>Key vocabulary:</b> Teamwork, obesity, barriers, mental health, stress, anxiety</p> <p><b>Key virtues:</b> Self-regulation, confidence, determination, motivation, perseverance</p>
<p><b>Resources:</b> PowerPoint presentation, diamond 9 activity</p>	<p><b>Statutory links:</b> Relationships, Sex and Health Education guidance (2019) Pupils should know:</p> <ul style="list-style-type: none"> <li>- The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress;</li> <li>- 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.</li> </ul> <p>PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> <li>- The importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities;</li> <li>- the benefits of physical activity and exercise for physical and mental health and wellbeing.</li> </ul>	
<p><b>Key questions:</b></p> <p>What are the benefits of exercise?</p> <p>What virtues could exercise develop?</p> <p>How much exercise should you do?</p> <p>What are the consequences of not exercising?</p> <p>What are the barriers to</p>	<p><b>Learning activities:</b></p> <p><b>Starter:</b></p> <p>Introduce the exercise topic.</p> <p>“All living things move. Whether it’s a plant growing towards the sun, bacteria swimming away from a toxin or you walking home, anything alive must move to survive. For humans though, movement is more than just survival – we move for fun, to compete and to be healthy.”</p> <p>Ask the students to think of as many types of physical movement as possible and identify the different ways they exercise. Brainstorm and collect those ideas on the board.</p> <p><b>Activity 1:</b> Diamond nine</p> <p>In pairs, ask students to brainstorm as many benefits of exercise as possible.</p>	

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<p>exercise?</p> <p>How do we overcome these barriers?</p> <p>What virtues are needed to overcome these barriers?</p>	<p>Give children the diamond 9 activity.</p> <ul style="list-style-type: none"><li>- Are there any reasons that they hadn't thought of?</li><li>- Ask students to rank the benefits in a diamond shape, emphasising that there is no right or wrong answer.</li></ul> <p><b>Activity 2:</b> Your exercise</p> <p>Students reflect and write a short paragraph on their experiences of exercise and its benefits. Feedback from students to whole class.</p> <ul style="list-style-type: none"><li>- What virtues do you think exercise could develop?</li></ul> <p>Ask students to give examples e.g. courage could be developed when you are learning a new skill like swimming, respect for others when playing a team sport.</p> <p><b>Activity 3:</b> Barriers to exercise</p> <p>There are many barriers to taking part in exercise. Brainstorm with your partners all the reasons for not taking part in exercise.</p> <ul style="list-style-type: none"><li>- How might you overcome those barriers in order to live a fit and healthy lifestyle?</li><li>- What virtues might you need to engage to overcome the barriers?</li></ul> <p>Think of some examples where you might put those virtues to use.</p> <p><b>Activity 4:</b> Role Models</p> <p>Both of these role models have overcome barriers to be at the top of their game.</p> <ul style="list-style-type: none"><li>- What barriers have they overcome?</li><li>- Which virtues have they shown?</li><li>- Can you think of any other role models who have overcome barriers to succeed in sport?</li></ul>
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Create a poster or presentation about them to share with your class.

**Plenary:**

- Which virtue would you most like to develop through exercise?
- How are you going to purposefully develop this virtue through the exercise that you do?

