

The Character Curriculum

Flourishing for Life



<p>Y7: Exercise L2 - My Plan for Exercise</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To create and implement a personal plan for exercise. 	<p>Key vocabulary: Teamwork, obesity, barriers, mental health, stress, anxiety</p> <p>Key virtues: Self-regulation, confidence, determination, motivation, perseverance</p>
<p>Resources: PowerPoint presentation, exercise template, newspaper headlines sheet</p>	<p>Statutory links: Relationships, Sex and Health Education guidance (2019) Pupils should know:</p> <ul style="list-style-type: none"> - The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress; - 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>PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> - The importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities; - the benefits of physical activity and exercise for physical and mental health and wellbeing. 	
<p>Key questions:</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>Learning activities:</p> <p>Starter:</p> <p>Focus of last lesson was thinking about the virtues that could be developed through exercise.</p> <p>Can students identify what virtues were discussed? Have they had any success employing those virtues since the last lesson?</p> <p>Give some examples.</p> <p>Activity 1: Facts and figures</p> <p>Students read through the quick facts and newspaper headlines on exercise and use questions to generate a discussion.</p> <ul style="list-style-type: none"> - Why are so many young people in-active? 	

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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>	<ul style="list-style-type: none">- Why is it more likely that overweight teens will become overweight adults?- Why is that trend so hard to change?- Why is there a correlation between exercise and improved mental health? <p>Activity 2: Making a plan</p> <ul style="list-style-type: none">- How much exercise do you think you do each day?- What types of exercise do you do?- What different types of exercise are there?- Are some types of exercise 'better' than others? <p>Show this article: https://www.bbc.co.uk/news/health-45799473. You could also look at the Daily Mile campaign: https://thedailymile.co.uk/ as a way of encouraging children to be more active.</p> <p>Are there exercise and sporting clubs an opportunities that students can get involved with at school?</p> <p>Think about your current exercise routine and what you would like to improve. Create a plan using the template. Remember to make your goals specific, realistic and timed.</p> <p>Activity 3: Moral dilemma</p> <p>Look at the moral dilemma together.</p> <ul style="list-style-type: none">- What is the conflict in the dilemma?- What virtues do you think are needed? Are there any that clash? <p>Ask students to record their ideas individually and then discuss in pairs what they think should be done.</p> <ul style="list-style-type: none">- Is there more than one wise solution? <p>Plenary:</p> <ul style="list-style-type: none">- 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?
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