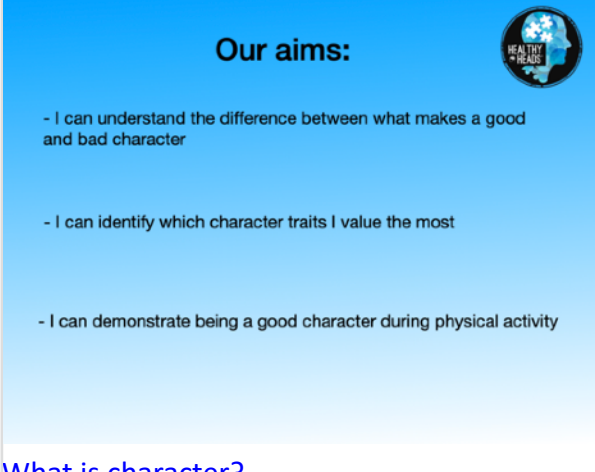






Healthy Heads Lesson Plan

Character - Year 5/6

- Our Aim:**
- I can understand the difference between what makes a good and bad character
 - I can identify which character traits I value the most
 - I can demonstrate being a good character during physical activity

Lesson Topic: Character	
Age: Year 5/6	Duration: 1 hour – 30 min classroom + 30 min practical
Links to PSHE curriculum: <ul style="list-style-type: none">- About differences and similarities between people- How our actions can affect ourselves and others	Notes on the class: <p>Gain overview of class - discussion with teacher.</p> <p>SEND Medical Behaviour Other</p>
Resources <p>Theory: character presentation, character task 1 handouts, task 2 handouts</p> <p>Practical: cones, bibs, dodgeballs</p>	
Organisation/Diagrams	Teaching Points
<p><u>Theory</u> <u>Introduction</u></p>  <p>Our aims:</p> <ul style="list-style-type: none">- I can understand the difference between what makes a good and bad character- I can identify which character traits I value the most- I can demonstrate being a good character during physical activity	<p>Introduce topic Set classroom expectations Share learning objectives</p>
<p><u>What is character?</u></p>  <p>What is Character?</p> 	<p>Ask: Would anyone like to explain what is character?</p> <p>There are lots of characters, some fictional and some that are non-fictional. Today we are thinking about ourselves as characters.</p> <p>Share proceeding 2 slides</p>



Character is a pattern of behaviour, thoughts and feelings based on principles, moral strength, and integrity – plus the guts to live by those principles every day.



What makes you, you



Why do we want to be a good character?

Explain: having a unique character makes you, you. It's your personality. It's what sets you apart from the people on your table or everyone else in your class. Your character is unique to you.

Your unique personality is your character.

Ask: Why is it important to be a good character?

Gather children's responses.



Great people are usually judged by their character. Make sure that your character is great. Having good character means that you have traits such as honesty, responsibility and courage. Being honourable and honest in the work you do and in your relations with others are very important in your life.

Read: Paragraph on slide and explain.

Task 1 – Building a character



Good Character



Share task 1 as shown on the slide.

Explain: In pairs, children must write as many adjectives they can think of that would describe a good character.

Promote discussion amongst children during task and give time for them to complete.



GOOD CHARACTER

Brave	Considerate
Calm	Cooperative
Creative	Energetic
Determined	Enthusiastic
Happy	Friendly
Helpful	Generous
Joyful	Hard Working
Loving	Imaginative
Peaceful	Loyal
Practical	Organised
Reliable	Polite
Self-Confident	Successful
Sense of Humour	Resilient
Trusting	Trustworthy

Following this, share the next slide and discuss good character traits and choose some of the examples and ask children what they might mean.



BAD CHARACTER

Angry	Argumentative
Annoyed	Bossy
Cowardly	Cruel
Dangerous	Dishonest
Disloyal	Disrespectful
Evil	Frustrated
Greedy	Grumpy
Impolite	Impatient
Lazy	Liar
Mean	Naughty
Rude	Sarcastic
Selfish	Stubborn
Unforgiving	Ungrateful
Unkind	Violent

Quickly skim over characteristics of what describes a bad character.



EVERYBODY IS DIFFERENT, BUT THAT'S OK



Conclude activity by explaining that we all have the capability to choose to be a good character. Every good character has unique qualities.

Task 2 – You and your character

Handout: task 2 character worksheet



FRUSTRATED

KIND

LOYAL

SELFISH

HELPFUL

POLITE

RESILIENT

HARD WORKING

RELIABLE

BRAVE

Can you write an example of why underneath?

Prompt children to fill the space around the stick character with adjectives that are most important to them. Refer back to adjectives given in task 1.

Encourage children to be honest, which values to they regards most highly? Can they also write an example about why they've regarded a particular value so highly?

Conclusion



What's important?

We should practice being a good character

We are always building our character!

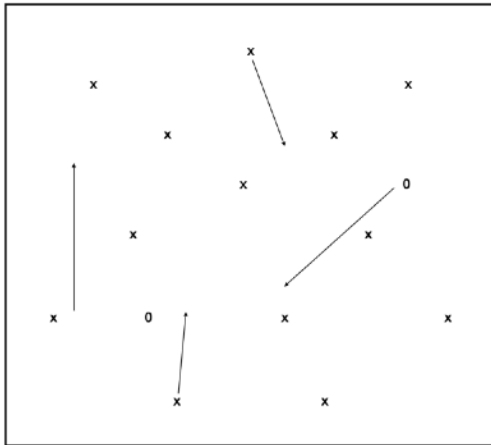


Share conclusions as shown on the slide.

Prepare children for practical. Emphasise that children will practise and discuss character during the practical session.

Practical

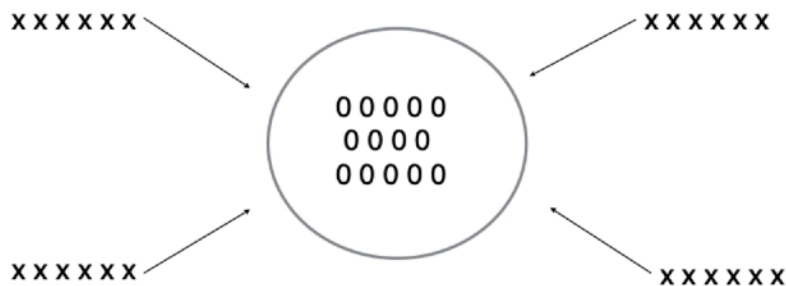
Activity 1 - Flushed away



Key: Runners - x Tiggers - 0

All children must run around inside the designated area, trying to not get caught by the 'tigger'. The 'tiggers' must run around and tag the other children with a dodgeball. Once tagged, children will go onto one knee and put their arm in the air. To get that child back in the game, a different child must gently pull their arm down ('flush their chain').

Activity 2 - Robin Hood



Key: Children - x Beanbag - 0

Children will be split into different teams. One at a time, they must run into the middle, collect a beanbag and return to their team. The team with the most beanbags wins.

Conclusion

Remind children of learning and share rewards i.e Dojos.

Progression 1 - Opposed to going down on one knee when out, children will make a 'shower' by standing and placing their arms upwards and forwards, with their hands together. Other children must spin in a circle under their hands to take a 'shower' and get them back in the game.

Progression 2 - 'Tiggers' can now throw the ball or add extra 'tiggers'

Teaching point: How can we be a good character during this game?

Examples of correct answers:

'Be kind by helping other children come back in the game' or ' Be resilient and not give up and triggering children'

Progression 1 - Some objects will have good character traits attached to them. Children can collect these to gain double points.

Progression 2 - Some objects will now also have bad character traits written on them. If children collect these then minus a point.

Teaching point: How can we be a good character during this game? Think about the fact that you're now in a team.

Examples of correct answers:

'Encouraging your team mates' or ' Working hard and trying your best for your team'.