

# SPORTS DAY

## SESSION A



### LEARNING OBJECTIVES:

**To be able to understand that it takes courage to compete against others.**

#### Script:

“It takes a lot of courage to keep trying, especially when we think that we are not good at something. Today I would like you to think about something you believe you are not good at - something that you could use courage to get better at.

#### Suggested Resources:

Copies of *Courage* poem from the following website:

<http://www.character-kids.com/characterkids2sample.pdf>  
[available 03/15]

#### Suggested Activities:

Read the poem aloud with the children and explain to them that there is a lot to be learned from this poem, especially the ideas about not giving up or quitting and seeing it through. Ask children to create a list of

### Character Coaching

#### Meaningful Praise:

You have all showed courage today by recognising the things that you feel you are not very good at. Thank you for sharing these with the rest of the class.

events that you can take part in on sports day. Now ask the children to rate themselves against each of the events using the following scale:

- 0 I am terrible at the event, not confident at all
- 1 I like the event but am not very good at it
- 2 I like the event and am ok at it
- 3 I like the event and am really good at it

Ask the children to now work with a partner. Choose one of the events that they have either rated as 0 or 1 and plan with a partner how they could show courage and get better at the event.

#### Plenary:

Ask the children to share their ideas with the class and then plan what they will need for the next lesson so that they will have a chance to improve their skills.

#### Guidance:

Please try to use your courage and have a go!

COURAGE

4