

## Concept: Character Building

**The big picture:** The students will understand the importance physical education has on building character.

**Why does it matter?** Character building in Physical Education (PE) involves developing valuable life skills and qualities that go beyond physical ability. These skills are crucial for personal growth and can impact all areas of life, including teamwork, leadership, and handling challenges.

Core Characteristics	Definitions	In Practice
Resilience	The ability to recover quickly from difficulties or setbacks.	Trying again after failing to win a game or missing a goal.
Teamwork	Working effectively and collaboratively with others towards a common goal.	Cooperating with teammates during a basketball game to strategies plays.
Leadership	Guiding, motivating, and setting a positive example for others.	Leading warm-up exercises or motivating your team during a match.
Communication	Exchanging information and ideas effectively with others.	Discussing tactics with team members or giving constructive feedback.
Respect	Showing understanding and consideration for other people and the rules.	Respecting referees' decisions and appreciating teammates' efforts.
Integrity	Acting in a fair and ethical manner, regardless of the situation.	Being honest about a foul during a game and playing within the rules.
Discipline	The ability to control behaviour and make responsible choices.	Sticking to a training plan and maintaining focus during practice.

**Remember:**

Character building in PE is about more than just winning games; it's about developing as respectful, resilient, and well-rounded individuals ready to face various challenges in life.

**Activities to develop character in PE**

Invasion Games (e.g., football, basketball, rugby)

Individual Challenges (e.g., athletics, gymnastics)

Outdoor and Adventurous Activities (e.g., orienteering, hiking)

**Impact on Everyday Life**

Improved relationships through better communication and understanding.

Increased resilience helps tackle academic challenges.

Leadership and teamwork skills enhance group projects and collaborative work.