

What other opportunities will I have to engage with this?

Throughout the year, children have experienced using their character muscles through the Creative Curriculum themes each half term. This has taken the form of developing these muscles during subjects such as Science experiments, Art and DT activities and PE. Our children have had the opportunity to decide what muscles they have used within lessons as well as teachers have identifying key muscles developed.

In your child's end of year report, you will see the character muscles vocabulary being used by the class teacher. This will give you an insight into the areas your child is working well at and also the character traits they need to develop further moving into the next academic year. By knowing these areas for development, you may wish to support your child at home too!

We believe at Sketchley that the introduction of character muscles to our children has been a huge success this year and builds on our aim of developing the "whole" child, preparing them for school life and beyond.



Character Education



What is Character Education? Put simply it is recognising, understanding and developing the character traits that make us unique and then using these 'character muscles' to allow us to be the best version of ourselves. At the heart of character education is creating a culture in and out of school where pupils are given every opportunity to rehearse and strengthen their sense of themselves.

Why is it important for my child? Children starting school in 2018 will not retire until 2082 at the earliest! There is a growing recognition of the need to equip pupils with a set of personal characteristics that will make them successful in all occupations and go a long way to making them happy and healthy adults.

What are the school doing to improve pupil's character muscles? The school is taking part in a training programme called Route to Resilience along with other local schools. We have introduced the vocabulary of character traits to pupils in the school and displayed them in the classroom. Lessons will often include mini activities to warm up the muscles or have links to the character traits needed to succeed in their work. All classes across the school will build on these character muscles and as children move through the school, pupils will choose the character traits they have used or would like to use throughout their school day.

What will I notice at home? Your child will begin to use character vocabulary at home and you will see the words mentioned more often in the certificates your child receives from school. You may find that your children will want to talk to you about the character traits they find more difficult or the ones they are very proud of. At the end of the school year, staff will comment on character muscles in the end of year report and your child will get the opportunity to reflect on which ones they feel they have really worked on this year.

The SHPS character muscles vocabulary

Concentration	Making links	Independence
Curiosity	Self-control	Enthusiasm
Creativity	Perseverance	Compassion
Respect	Humility	Teamwork
Inclusiveness	Peace	Resilience
Courage	Optimism	Self-belief
Feeling safe	Pride	Tolerance
Reasoning	Improving	Imitation
Listening	Sharing ideas	Questioning
Problem solving	Empathy	Gratitude
Integrity	Cooperation	Kindness
Friendship	Good humour	Risk-taking
Self-awareness	Feeling secure	Patience
Confidence	Self-esteem	

