

Routes to Resilience

Character Muscle focus 2023-2024

Autumn Term 1

Date	Character Muscle
28.8.23	Reminder of R2R programme and character muscles
4.9.23	Resilience
11.9.23	Teamwork
18.9.23	Courage
25.9.23	Fairness
2.10.23	Communicating
9.10.23	Reflection

Autumn Term 2

Date	Character Muscle
23.10.23	Respect
30.10.23	Love of learning
6.11.23	Independence
13.11.23	Empathy
20.11.23	Humour
27.11.23	Perseverance
4.12.23	Optimism
11.12.23	Fearlessness
18.12.23	Reflection

Spring Term 1

Date	Character Muscle
8.1.24	Creativity
15.1.24	Enthusiasm
22.1.24	Responsibility
29.1.24	Risk Taking
5.2.24	Resilience
12.2.24	Reflection

Spring Term 2

Date	Character Muscle
26.2.24	Community
4.3.24	Consideration
11.3.24	Empowerment
18.3.24	Reflection

Summer Term 1

Date	Character Muscle
8.4.24	Honesty
15.4.24	Kindness
22.5.24	Leadership
29.4.24	Reasoning
6.5.24	Tolerance
13.5.24	Enterprise
20.5.24	Reflection

Summer Term 2

Date	Character Muscle
3.6.24	Concentration
10.6.24	Confidence
17.6.24	Curiosity
24.6.24	Use of character muscles to prepare for summer fair
1.7.24	Use of character muscles to prepare for summer fair
8.7.24	Reflection