

# Forest Lodge Academy

## Character Muscles incorporating LEAD Curriculum Enrichment Programme

Each week a specific character muscle(s) will be focused on during assemblytime. All staff will reinforce these in lessons throughout daily teaching.

### LEAD

Word	Definition
Teamwork	Working together to achieve a goal or target.
Consideration	A thoughtful act which shows regard for other people.
Responsible	Doing the things you are expected to do and accept the consequences (results) of your actions.
Leadership	Inspiring or motivating other people and helping them to reach their goals.
Independence	Thinking and acting for yourself.
Communication	Being good at speaking and listening.
Confidence	Believing in yourself.
Courage	Being willing to do something that you may find frightening.
Self-Aware	Being good at spotting or avoiding dangers.
Self-Control	Controlling your emotions and actions when things get difficult.

### EMPOWER

Word	Definition
Fairness	Everyone having an equal opportunity to succeed.
Kindness	Being considerate towards other people and recognising their feelings.
Tolerance	A willingness to accept feelings, habits, or beliefs that are different from your own.
Empowerment	Feeling valued and recognising you are capable of achieving anything.
Respect	A way of treating or thinking about something or someone.
Empathy	Understanding another person's feelings.
Honesty	Telling the truth.
Humour	Being able to make yourself and others cheerful and happy.
Self-Esteem	Feeling good about yourself.
Discipline	Being well behaved and hard working.

## ACHIEVE

Word	Definition
Community	A group of people who share the same physical or emotional space.
Reflection	Thinking about past events and how they have affected you.
Creativity	Using your imagination.
Love of learning	Enjoying and taking pride in your work.
Persistence	Always continuing to try even when something is difficult.
Resourcefulness	Being able to cope well with difficult tasks and finding ways to solve them.
Motivation	Being eager to do something well.
Versatility	Being able to do many different things well.
Commitment	Keeping a promise to work hard or support something.
Flexibility	Coping well with changes.

## DRIVE

Word	Definition
Enthusiasm	Feeling excitement about something you enjoy.
Concentration	Focusing on a task.
Reasoning	Thinking about something from lots of different sides.
Enterprise	Willingness to try something new.
Fearlessness	Not being scared of trying.
Curiosity	Being interested in learning more about something.
Ambition	Really wanting to achieve something.
Determination	Deciding to do something and sticking to it.
Punctuality	Arriving or doing something on time.
Resilience	To recover from difficult events quickly.

## Routes to Resilience

### Character Muscle focus 2024-2025

#### Autumn Term 1

Date	Character Muscle
2.9.24	Reminder of R2R programme and character muscles
9.9.24	Resilience
16.9.24	Teamwork
23.9.24	Courage
30.9.24	Fairness
7.10.24	Communicating
14.10.24	Reflection

#### Autumn Term 2

Date	Character Muscle
28.10.24	Respect
4.11.24	Love of learning
11.11.24	Independence
18.11.24	Empathy
25.11.24	Humour
2.12.24	Perseverance
9.12.24	Optimism
16.12.24	Reflection

#### Spring Term 1

Date	Character Muscle
6.1.25	Creativity
13.1.25	Enthusiasm
20.1.25	Responsibility
27.1.25	Risk Taking
3.2.25	Resilience
10.2.25	Reflection

### Spring Term 2

Date	Character Muscle
24.2.25	Community
3.3.25	Consideration
10.3.25	Empowerment
17.3.25	Tolerance
24.3.25	Enterprise
31.3.25	Respect
7.4.25	Reflection

### Summer Term 1

Date	Character Muscle
28.4.25	Honesty
5.5.25	Kindness
12.5.25	Leadership
19.5.25	Reasoning

### Summer Term 2

Date	Character Muscle
2.6.25	Concentration
9.6.25	Confidence
16.6.25	Curiosity
23.6.25	Resilience
30.6.25	Fearlessness
7.7.25	Reflection

**Class Assemblies and productions to parents 2024-2025**

<b>Year Group</b>	<b>Dates</b>
Nursery	Christmas Performance Autumn 2
Reception	Christmas Performance Autumn 2
Year 1	Summer 1
Year 2	Graduation Assembly Summer 2
Year 3	Spring 1
Year 4	Spring 2
Year 5	Autumn 1
Year 6	End of Year Production Summer 2