

Year 7: Perseverance - Session Plan

Theme / Topic

Year 7 Transition Support - Perseverance

Time Allocation

30 minutes

Aim

The young people will learn that:

- It is important to persevere in every situation.
- Perseverance produces character and hope.

Introduction

Begin by playing an Either-Or game, whereby students have to select the option they are better at. For selecting an option, students could stand up or sit down, or move to different areas in the room. Options could include being better at:

- 1) Maths or English
- 2) Writing or Drawing
- 3) Working with others or Working on your own
- 4) Playing an instrument or Playing a sport

We all have different skills and talents; and no one skill is better or more important than another. Whatever our skill or talent, we had to learn how to do it; this would have taken time or effort - in other words, perseverance.

Session Structure

Watch the video - 'Year 7 Transition: Perseverance'. This will enable students to consider the importance of perseverance, whether we are playing games, or reaching a goal.

Enable students time to consider what impacts their own ability to persevere, and consider their achievements so far and future goals.

You can conclude the session using the plenary below.

Plenary

Success isn't always about winning, as sometimes the goal is too far off.

Success is about the little bit of effort and perseverance you put in today. If you put in the training today, then you are successful. Put in the training every day, you will be successful every day. With training and practice, success happens.

Can I encourage you, as you continue in Year 7 (and beyond) to persevere? Persevere with the challenges you face in learning new topics in school; persevere with your friendships; persevere with learning new skills; persevere in becoming the person that you want to be.

Resources

All resources can be found at the Wycombe YFC website (www.wycombeyfc.org.uk/)

Video:

- Year 7 Transition: Perseverance

'Perseverance' Activity Sheet