



DETERMINATION

WEEK 2: CHARACTER DRILL ON DETERMINATION

AGE-SPECIFIC CHARACTER DRILL FOR AGES 8 - 12

DRILL: JUMP ROPE

"Having determination means that you push yourself and you don't quit when something gets difficult. Today you are each going to jump rope non-stop for 1-minute. If you mess up, keep going and don't stop until the time is up."

Steps:

1. Give each student a jump rope. If you have a big class and a limited amount of jump ropes, you can divide them into lines. Remind the students that are waiting that they too are working on determination by sitting quietly while they wait for their turn.
2. Explain that it takes determination to jump rope. Some people may be able to jump rope without messing up but it still takes determination and energy to jump rope for an entire minute. Many students will have a hard time and get discouraged the more they mess up because one minute is an especially long time when you are struggling. The goal is to keep trying no matter how many mistakes you make.
3. On your command the students will begin to jump rope. It is best if you have a stopwatch to keep track of time. As you see them mess up, encourage the students to keep going. They cannot stop. Students must keep trying even if they can only jump once without getting tangled in their rope.
4. Countdown the time when they are at the last ten seconds.
5. Continue until everyone has a turn.
6. Make sure you point out the determination in both the good jump ropers and the ones that kept going despite the fact that they kept messing up.