



DETERMINATION

WEEK 2: CHARACTER DRILL ON DETERMINATION

AGE-SPECIFIC CHARACTER DRILL FOR AGES 12+

DRILL: BEAT YOUR TIME

"Having determination to improve your weak spots is a very important characteristic to have. If you can work hard to get better at the things you struggle at, then you will become a stronger and smarter individual. Today we are going to assess your strengths and weaknesses and then work hard to improve both."

Steps:

1. Divide your students into equal groups with no more than four to a group. Give each group a pencil, paper and a stopwatch.
2. Explain that it is great to be good at something, but it is even more special to work on areas that you are not so good at. The goal for this drill is to determine where your strengths and weaknesses are. Then, to have the determination to improve on both of them.
3. On your command, the groups will take turns timing each other as they do as many push-ups as they can in 30 seconds. Have them do the same for leg raises, squat jumps, and jumping jacks. Write down how many they did.
4. Once everyone has a turn, have each student tell their group which exercises is their best, and which is their worst. Have them repeat the drill with the goal of beating their first record. If they don't have them do it again. If they can't beat their original record, tell them to come back next class to try again. Also, tell them to go home and practice. Keep going until they beat their record. If they practice everyday, then they should beat their original record within the month.
5. If you are limited on time, then you can stick with one or two exercises.