

Delia memorial school (Broadway)  
Student Guidance team  
Value education activities  
Value concerned: Perseverance

**Introduction:**

Perseverance is a quality that every child can benefit from practicing. After all, there are going to be challenges in life, and knowing how to persevere even amidst frustration or disappointment will be a great life skill.

Some key phrases you might like to use are:

- Persevering means we don't give up even when it's hard.
- To persevere means we do not let obstacles get in the way of our goal.
- When we persevere we enjoy the journey and do not get discouraged if it is going in a way we did not expect.

Task 1: Doing push up for 500 times and sit up 500 times from each class  
**(40 students in one class can take turn to do)**

Task 2: Three steps need to be finished within the time period. If student is failing to do one step, they need to re-start from step 1.  
**(5 students involved in each class)**

**(Material: Cricket ball, tennis ball, basketball, Tennis racket, Table tennis board)**

Step 1: Throw a cricket ball or tennis ball to yourself.

1. First throw the ball up and catch it. (5 times)
2. Then try it with one hand. (5 times)
3. Then try it with the other hand. (5 times)
4. Then try to clap after you throw the ball up, before you catch it again. (5 times)
5. Then try to clap twice! (5 times)

Step 2: Move a basketball around your body.

1. Take the basketball in one hand and try to make a circle with it around your waist. (10 times)
2. Then try to make a circle around your legs. (10 times)
3. Then try to do a figure eight with the ball – around one leg, between the legs, then around the other leg (10 times)

Step 3: Practice hitting a cricket ball or tennis ball

1. Try to hit the ball (when someone throws it to you) with the tennis racket. (5 times)
2. Then try to hit the ball with table tennis board. (5 times)