



# **Character, Health and Fitness, Service, Leadership (CHiSL) Curriculum Design**

## **Program Information**

**Instructional Level** (Grades 6-12)

## **Description**

**Course (C) – Module (M) – Lesson (L)**

### **Course 1: Personal Success and Leadership**

#### **Module 1: Leadership Program and CHiSL Curriculum – Building Stronger Leaders Inside and Out**

**C1M1L1:** Are you wondering what the leadership program and CHiSL curriculum is all about? Well, wonder no more! This lesson will provide you an overview of the unique opportunities in your program from earning rank and awards, to building skills and abilities as a leader and better student. Your program provides opportunities to work with others in your class, your school and community, all while learning more about yourself and where you want to go in your life.

#### **C1M1L2: Your Map to Success**

To find your way to a destination on a map you need to know your starting point. You have all the potential to become a better leader, but you need to understand where you are now to use your strengths and most efficiently build the skills needed to meet your goals. Winning Colors will help you to understand yourself, communicate with others, and negotiate effectively. The Personal Responsibility Map will help you to build skills and set your course for success!

#### **Module 2: Who Are You as a Leader?**

#### **C1M2L1: A Look at Leadership**

What makes a leader great? Think about the leaders in your life...family members, a teacher, an older sibling or friend. What qualities and characteristics do they possess that makes them a leader in your eye? What about you? Do you see yourself as a leader too? In this learning plan you'll begin to discover the attributes of leadership and the strengths you already possess. You'll also begin to identify attributes you'd like to strengthen and consider ways to begin developing your skills and abilities for leadership success.

#### **C1M2L2: Attributes of a Leader**

Now that you've had some time to examine a bit about leadership and the attributes that all leaders possess, let's take a deeper look at each attribute. In this lesson you'll look deeper into leadership communication, organization and management, responsibility and goal setting. As well, you'll work with your classmates on a project that will allow you to assess your continued growth as both a leader and a follower.

### **C1M2L3: Are YOU a Leader?**

You're getting the picture now! Leaders grow and seek opportunity to accomplish goals whether personal or team. Leaders are responsible, they communicate, manage, organize and work with others, and set goals. In this last lesson in Module 2: Who Are You As a Leader, you will participate as a leader and follower with others in the class. You ARE a leader! Don't you think so?

## **Module 3: You and Your Success**

### **C1M3L1: What is Personal Success?**

What does it mean to achieve personal success? Are you on the road to success now? In this lesson, you will explore the different elements of success, how failure can help you be more successful, and even how what you eat will help you achieve your personal best.

### **C1M3L2: Assess Your Personal Success Skills**

What ARE your current habits--do you know? Can you take an honest look at how you spend your time, what you eat, and how you spend money? In this Learning Plan, you will take a closer look at where you are on the path to becoming your personal best.

### **C1M3L3: Lifestyle Balance**

It doesn't matter how much you love ice cream, too much will make you sick! Too much or too little of anything can harm you and your body--balance is essential for personal health, security and success. But what does balance mean? You will examine what experts say are the key factors to emotional and physical health as well as a balanced lifestyle.

### **C1M3L4: Personal Habits and Personal Success**

Where are you on the road to Personal Success? In previous Learning Plans, you have examined your current skills and habits. You have also looked at what it means to be successful. In this Learning Plan, you pull it all together and compare where you are with where you want to be--then begin mapping the journey that will get you there.

## **Module 4: What are the Roles that Define You?**

### **C1M4L1: Roles and Responsibilities in Your Personal Communities**

You play many roles in your life, which can be overwhelming and confusing! By clearly defining your roles, you better understand what is expected of you, as well as what you should expect from yourself.

## **Module 5: How will you Get There?**

### **C1M5L1: Plan for Future Success**

Your pathway to success starts with you knowing what you want out of life—your goals. In this lesson, you will examine where you are so you can start building the path to get you where you want to go. Looking back at your previous work will help guide you so that every day keeps you on the road to success—your success!

## **Course 2 – Student Leadership**

### **Module 1: Successful Strategies**

#### **C2M1L1: Where are you in Your Course to Success?**

You learned your starting point on your map to success in Course 1. You learned you need to know how to use your strengths and most efficiently build the skills needed to meet your goals. Now it is time to review where you are in your path to success and explore ways you have already, and can continue, to use your Winning Colors and your skills to communicate with others, negotiate effectively, and generally be a better leader.

#### **C2M1L2: What are the Different Ways You Can Lead?**

As you continue to follow Rob through his adventures you will begin to see how you can use the methods and strategies he uses in your own environment at home and at school. You will put some of the strategies into action as you work through activities that require your expertise!

### **Module 2: Success in School**

#### **C2M2L1: Honing Your Academic Success Skills**

Start your road to school leadership by becoming a model of academic success. Ever describe yourself as someone who doesn't test well? Critical academic success skills, such as note-taking, studying and test-taking, play as much a role in your classroom performance as your understanding of school subjects.

#### **C2M2L2: Can Academic Success Help You Get a Job?**

Believe it or not, the skills you are learning in the classroom are often the same skills you need to succeed in the workplace. Explore how your health, personal responsibility, communication skills and sense of teamwork will help you be a better student AND land that first job!

### **Module 3: Respect in School**

#### **C2M3L1: Can You Be Yourself in School?**

There may be pressure in school to be someone you're not. Take a look at how others define you and decide for yourself who you really are. Then learn skills to increase your pride and self-confidence!

#### **C2M3L2: Making a Difference By Being Different**

You've looked at how you can celebrate yourself by being who you are. But what about everyone else? Being a leader means to recognize the differences in others and use those differences to benefit team performance. Learn how diversity is an asset to you and your school.

#### **C2M3L3: Leadership Challenge**

You will assume the roles of Sonia, Warren, Mike, and Jamie who have been nominated by their teachers to attend the Lefty Morrison Youth Leadership Challenge, a five day leadership camp where students develop their character and leadership skills through teamwork, study, and competition. These characters will work through themes of self-awareness, leadership values and skills, communication, peer pressure, followership, and behavior. You will have the opportunity to explore these concepts while developing critical-thinking, decision-making, problem-solving, and leadership skills.

## **Module 4: Leadership in School**

### **C2M4L1: Analyzing Your Skills**

You will take the Personal Responsibility Assessment again and compare the Personal summary from Course 1 to the new summary. After analyzing the differences you will explore how and why your scores improved (or did not improve) and ways you can take advantage of your strengths while you continue to build your skills

### **C2M4L2: Using and Building Your Skills – Goal Achievement**

The skills you need to succeed are at your fingertips! You will explore your goal achievement potential in depth. You will work to identify your core beliefs and values and explore whether your values are consistent with your goals. You will review your desire and commitment to achieve your goals and find others to help you reach them.

### **C2M4L3: Using and Building Your Skills – Self-Management**

Personal responsibility is your commitment to setting clear goals and taking the responsibility to reach them. Once you have established this baseline you will strengthen your ability to persist, to work through issues, solve problems, and cause bottom line results to happen.

## **Module 5: Presenting Your Solutions**

### **C2M5L1: What Can You do to Help Create a Bully-Free Environment?**

You will put to work all of your skills and strategies to brainstorm and create scenarios that tear down barriers and build positive environments wherever you go. You will combine these strategies with your leadership skills to develop a presentation to share with school administrators and community members to show them how they can assist.

# **Course 3 – Leadership in a Diverse World**

## **Module 1: Career Success in a Diverse World**

### **C3M1L1: Where are you in Your Course to Success?**

You learned your starting point on your map to success in Course 1, you checked your progress in Course 2 and now you will check your improvement again. You have had several opportunities to use your strengths and build the skills needed to meet your goals. In this course you will begin to explore a new level of leadership.

### **C3M1L2: What Does Your Future Hold?**

Rob, Ms. B, Mr. D, LJ, Selena, and Lei are embarking on adventures that will introduce you to leadership in a diverse world as they explore different career paths and possibilities. You will have the opportunity to participate in activities that will help you set your goals for your future occupations. Making good choices requires careful thought and a positive outlook. Goals are important but dreams are what will help you to accomplish them – your dreams will propel you to do the work to develop the academic, employability, and technical skills needed to become career ready.

### **C3M1L3: Define Leadership and Success**

Now that you have explored careers that interest you it is time to plan how to get there. You will investigate a variety of personal paths to successful leadership and prepare a strategy for building career readiness skills. You will view how others have prepared for the unknown and unexpected (specifically women in the military) and will participate in activities to learn how you too can overcome adversity through adaptability, resiliency, willingness to change, and using your relationship skills. You will access what you need to enter the global workforce.

## **Module 2: Respect for Others in a Global Society**

### **C3M2L1: Exploring Other Cultures**

Your study of a broader global society and different cultures will begin with what is required for your own survival. You will participate in activities to challenge you to decide what types of institutions (economic, education, familial, belief, and government) you will need to establish for an orderly society. You will then take a look at the skills you possess that may assist you in a global workplace, and you will infer how global leaders might make decisions.

### **C3M2L2: Expanding Your World View**

It is important to find out what culture is since it affects who we are and everything we do. There are national cultures, school cultures, and even family cultures that affect us. The differences between generations, communities, and locations result in varying cultures. Each culture affects another as elements of that culture seep into the other. The shift caused can be positive or negative and occurs within local, national, and international groups and organizations.

### **C3M2L3: Challenging Issues**

Crossing cultures can be intimidating but if you can learn to respect the differences and use your skills, you will very likely be successful. You will study the importance of bi-cultural and multi-cultural skills and strategies. Then, by learning about the humanitarian efforts during and after the Vietnam War you will learn to describe what respecting other cultures can look like. This respect enables cultures to come together to overcome the many similar challenges we all face.

## **Module 3: Understanding the World Today**

### **C3M3L1: Global Solutions, Global Concerns**

To expand your worldview you will examine different types of government and where countries are located on the world map. Discovering how we are all connected and how working cooperatively can solve large problems helps us to understand problem solving in many situations through a different lens. You will participate in a debate on the influence of the international media and watch a video on WWII that illustrates how the media can shape opinions. You will research global challenges, identify some of their causes, communicate your research to others, and suggest solutions. Through this exercise you will discuss how you can become a better leader because of your understanding of a worldview, your respect for others and other societies, your ability to work cooperatively, and to recognize cause and effect, and the skills you have developed along the way.

### **C3M3L2: Global Map**

You will combine all of the knowledge you have built about leadership, culture, careers, decision-making, and your worldview with the study of hot spots around the globe. Then you will participate in activities to increase your awareness and understanding of current events.

## Leadership Lab

These activities provide a “laboratory” to apply leadership, teamwork, and healthy living concepts, which strengthen the academic components of the program

**1. Drill and Ceremony:** The purpose of drill is to instill self-discipline, teamwork, communication skills, and leadership training. **Color Guard:** The purpose of the color guard team is to instill self-discipline, teamwork, communication skills, and leadership training. The color guard team may also be used to Post the Colors during school assemblies and at district and school special functions. **Orienteering:** An option available to the middle school cadet program. The purpose of the team is to provide training in land navigation and physical conditioning.

**2. Service Learning:** Service learning is a hands-on teaching and learning strategy that combines meaningful service and classroom content. Service learning creates authentic learning opportunities while teaching civic responsibility through service to others with reciprocal benefits for all involved. Students discover intrinsic motivation when they care about the subject matter and recognize a need they can fulfill in their communities. Meeting academic standards is realized as classrooms are filled with engaged students and teachers. For information, activities, and support register to participate with your school in GenerationOn <http://www.generationon.org/teachers/generationOn-Schools/registration>.

### 3. Physical Fitness and Health: Presidential Youth Fitness Program

<http://www.presidentialyouthfitnessprogram.org/>

#### And/Or JAM (Just-a-Minute) School Program

<http://www.healthetips.com/jam-program.php>

**JAMmin' Minute®** A one-minute fitness routine that includes 5 very simple exercises that kids (and staff) can do while either standing at their desk or sitting in a chair. Included on this weekly communication is a health tip, something simple that teaches a healthier habit. These routines are authored by us and we invite schools to submit routines to us!

**JAM Blast®:** Athlete-delivered healthy living and eating messages with a coordinating 3-5 minute exercise routine that focuses on that athlete's idea about what is most important for peak performance. Fun facts about each athlete are included.

**Monthly Newsletter:** A one-page health newsletter packed full of nutrition, fitness, and health tips designed for school-age kids and their parents, and school personnel.

## Scoring Guide

Criteria	Ratings
<b>Apply critical thinking skills</b>	<b>3 2 1</b>
cadet uses problem-solving techniques in school classes	
cadet can tell the difference between fact and opinion	
cadet considers possible solutions and their consequences before making decisions	
cadet supports opinions with reason and evidence	
cadet checks information for accuracy	
<b>Build your learning skills</b>	<b>3 2 1</b>
cadet becomes personally responsible for learning	
cadet uses structured and creative ways to learn new skills and information	
cadet takes responsible risks to learn new skills or solve problems	
cadet turns mistakes into learning opportunities	
cadet finds the appropriate person, resource or support to help make decisions and solve problems in life and in school	
cadet reacts positively to feedback from others	
cadet improves actions and class work based on feedback	
<b>Communicate well using spoken language, facial expressions, body language and written techniques</b>	<b>3 2 1</b>
cadet selects an appropriate way to express a message	
cadet communicates respectfully and professionally	
cadet applies reading strategies to understand and remember key information	
cadet speaks and writes clearly so others can understand	
cadet applies standards of spelling, English grammar, and punctuation	
cadet uses active listening skills to interpret meaning and emotion	
<b>Maintain successful personal relationships</b>	<b>3 2 1</b>
cadet treats self and others with respect	
cadet works well with people and groups from different backgrounds	
cadet values individuals and cultural differences	
cadet recognizes personal prejudices and stereotypes	
cadet identifies with someone else's perspective and feelings	
cadet uses I-messages to communicate feelings and concerns	
<b>Take responsibility for your actions and choices</b>	<b>3 2 1</b>
cadet considers what is morally right and best for others before acting or making decisions	
cadet follows policies and procedures	
cadet models academic honesty	
cadet examines how beliefs and values affect actions and decisions	
cadet demonstrates personal dependability	
cadet manages time to achieve best	
cadet makes a high level of effort and dedication to reach goals	