

PER- Inspirational people.

Lesson 1- Who inspires me?

Starter Think of a time you looked up to someone and made you feel good about yourself or to be better / greater than you already are. How? Why? Describe who they were and how they did this.

CHALLENGE:

What words might you use to describe these figures?

What does inspirational mean?

Watch the video to help you think about who inspires you.

Inspiration: The process of being mentally stimulated to do or feel something.

Inspirational: Providing or showing inspiration.

1. Who is inspirational to you? Explain your answer.

2. What makes them inspirational?

3. What do they inspire you to do?

Task 1: organise the following attributes into order of importance. 1 = Most important 9= Least important.

- Brave
- Incorruptible (unwavering in being swayed from your goal or to take a bad path)
- Integrity (what makes a whole person, honesty, good morals / principles)
- Committed
- Loving (agape – universal love)
- Clear vision / idea (of what you want to achieve)
- Empathetic (to be able to put yourself in someone else's shoes)
- Innovative (to ability to make great changes / new ideas)
- Selfless

1. Explain why you have ordered it this way.

2. Are there any you would add in or replace?

CHALLENGE: What is the significance of the big picture quote? How do you think it would apply to inspirational figures?

Task 3: Produce a piece of work about your own personal inspirational figure. Preferably someone in your personal life, family member, friend, but don't feel you have to.

Think, why are they your inspirational figure? What do they do? How do they do it? What attributes do they demonstrate? How might they contribute to SMSC in the world?...that can be your life.