



C.H.A.M.P.S.

LEADERSHIP CURRICULUM

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At Athletes for Hope, we believe in the power of sport and physical activity to teach important life skills. We have designed the C.H.A.M.P.S. Leadership Curriculum for athletes, coaches, and teachers interested in sport-based character development and learning. Rooted in research and 21st century skill-building, our six core pillars are designed to promote social and emotional intelligence while inspiring youth to lead in sport, in the classroom, and in their communities.

COURAGE:

What's the first quality a leader must have in order to be a leader?

The **courage** to lead!

Courage is not the absence of fear, but the willingness to try in spite of it.

Through physical activity, games, and skill-development, students will work on facing their fears, standing up for themselves and others, and doing what's right when no one is watching.

HONESTY

Who's heard the saying,

"You're only cheating yourself?"

It's a comment often made by coaches to encourage honesty and hard work among their players.

Using sport and physical activity as a lens for understanding life, we will teach students the value of being honest with their words, their time, & their actions and the importance of honesty as a key concept in leadership.

ACCOUNTABILITY

Have you ever heard a child say,

"But she started it!"

We all have. Kids are notorious for trying to escape punishment by pinning the blame on others.

Through the lessons learned in sport, we will help students learn the value of personal responsibility and how to own their attitude, body language, reactions, and behaviors.

MINDFULNESS

How do we sum up something as nuanced as mindfulness?

Simply put:

Paying Attention.

Mindfulness is paying attention to your thoughts, your feelings, your peers, & the world around you.

Through sport-based lessons, students will develop their emotional muscles, focusing on gratitude, empathy, & inclusion as key ingredients to great leadership.

PERSEVERANCE

How many of us played sports with a parent or older sibling that refused to let you win?

Interestingly, the pain of losing over and over again actually teaches one of the most valuable life skills:
Perseverance.

Through the lens of sport, students will work on overcoming adversity, developing resilience, and mastering a challenge in order to become stronger, more determined leaders.

SPORTSMANSHIP

Whether you're on a playground, at a park, or on a sports field, we've all heard the statement:

"That's not fair!"

Teaching respect, fairness, teamwork, and cooperation are critical skills in sport and life.

Through sport-based activities and games, students will learn the value of teamwork, how to solve disputes, and the importance of fair play.

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The C.H.A.M.P.S Leadership Curriculum contains twelve high-energy lessons designed to improve physical activity and teach critical life skills to elementary age children, grades 3-5. Each lesson is one hour in length, with at least 30 minutes of physical activity.

LESSON PLAN ACTIVITIES

5 minutes	Athlete Introduction
5 minutes	Word of the Month
5 minutes	Stretching & Warm-Up
10 minutes	Game #1
5 minutes	Fitness Blitz
10 minutes	Game #2
5 minutes	Word of the Month Debrief
3 minutes	Goal-Setting
10 minutes	Athlete Q&A
2 minutes	Group Photo

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