

Routes to Resilience

Character Muscle focus 2025-2026

Autumn Term 1

Date	Character Muscle
26.8.25	Reminder of R2R programme and character muscles
1.9.25	Resilience
8.9.25	Teamwork
15.9.25	Courage
22.9.25	Fairness
29.9.25	Communicating
6.10.25	Respect
13.10.25	Reflection

Autumn Term 2

Date	Character Muscle
27.10.25	Love of learning
3.11.25	Independence
10.11.25	Empathy
17.11.25	Humour
24.11.25	Perseverance
1.12.25	Optimism
8.12.25	Fearlessness
15.12.25	Reflection

Spring Term 1

Date	Character Muscle
5.1.26	Creativity
12.1.26	Enthusiasm
19.1.26	Responsibility
26.1.26	Risk Taking
2.2.26	Resilience
9.2.26	Reflection

Spring Term 2

Date	Character Muscle
23.2.26	Community
2.3.26	Consideration
9.3.26	Empowerment
16.3.26	Enterprise
23.3.26	Reflection

Summer Term 1

Date	Character Muscle
13.4.26	Honesty
20.4.26	Kindness
27.4.26	Leadership
4.5.26	Reasoning
11.5.26	Tolerance
18.5.26	Reflection

Summer Term 2

Date	Character Muscle
1.6.26	Concentration
8.6.26	Confidence
15.6.26	Curiosity
22.6.26	Use of character muscles in school
29.6.26	Use of character muscles in school
6.7.26	Whole yearly reflection