

Routes to Resilience
Character Muscle focus 2026-2027

Autumn Term 1

Date	Character Muscle
24.8.26	Reminder of R2R programme and character muscles
31.8.26	Resilience
7.9.26	Teamwork
14.9.26	Courage
21.9.26	Fairness
28.9.26	Communicating
5.10.26	Respect
12.10.26	Reflection

Autumn Term 2

Date	Character Muscle
26.10.26	Love of learning
2.11.26	Independence
9.11.26	Empathy
16.11.26	Humour
23.11.26	Perseverance
30.11.26	Optimism
7.12.26	Fearlessness
14.12.26	Reflection

Spring Term 1

Date	Character Muscle
4.1.27	Creativity
11.1.27	Enthusiasm
18.1.27	Responsibility
26.1.27	Risk Taking
1.2.27	Resilience
8.2.27	Reflection

Spring Term 2

Date	Character Muscle
22.2.27	Community
1.3.27	Consideration
8.3.27	Empowerment
15.3.27	Enterprise

Summer Term 1

Date	Character Muscle
5.4.27	Honesty
12.4.27	Kindness
19.4.27	Leadership
26.4.27	Reasoning
3.5.27	Tolerance
10.5.27	Concentration
17.5.27	Careers focus using character muscles
24.5.27	Reflection

Summer Term 2

Date	Character Muscle
7.6.27	Enterprise and the community focus
14.6.27	Confidence
21.6.27	Curiosity
28.6.27	Use of character muscles this academic year
5.7.28	Use of character muscles this academic year