



LESSON 8.4

My Leadership Fitness Plan

Module #8: Leadership

Defining oneself as a leader in the school starts early, and ninth graders need to understand this. There are identifying characteristics of effective leaders that can be learned and developed – but it takes practice. It is important for freshmen to be aware of the opportunities to practice and fine tune their leadership skills in high school.

Enduring Understandings

- I. **Effective leaders share common characteristics – characteristics that can be learned and developed.**
- II. There are many opportunities in high school to gain leadership experience.

Essential Questions

- I. **What are the characteristics of effective leaders? (I)**
- II. **What strategies can be employed to build leadership skills? (I)**
- III. What opportunities exist in our high school to gain leadership experience? (II)

Lesson Objective(s)

Students will learn techniques and develop skills to become better leaders in and out of the classroom.

Challenge 3.3

Lesson 8.3

Lesson 8.4

Lesson 8.5

Lesson 8.6

Directions:

1. Based on everything we have discussed about leadership thus far, explain to students that it's time to choose the three leadership traits that they think are going to need to be the "sharpest" to have a successful high school career.
2. Place students in small groups of 3-4. Distribute a set of "Leadership Trait" cards to each group (**card templates included below**).
3. Their task is to settle on the three leadership traits they believe will be most important as leaders and as successful high school students. Ask them to take away 4. Then 3. Then 2. This will leave them with 3 traits.
4. In teams, discuss why these traits are most important and develop a "fitness plan" to hone each trait. In other words, what are some specific things that will help develop and improve each of these traits? Have students complete the "Leadership Fitness Plan." (**included below**)
5. Have each small group share out their plans.

Materials & Supplies

- Leadership Trait cards
- Copies of the "Leadership Fitness Plan" worksheet

FOCUS
POINT

The best leaders are always trying to improve. This lesson gives freshmen the opportunity to think about the qualities of leaders and where they are strong and weak. Encourage students to use this lesson as a springboard for improvement.

- Consider having student journal, blog, or discuss in small groups what they learned from the activity and brainstorm strategies for using their strengths and improving weaknesses.

resources
&
extension

Leadership Fitness Plan

Directions: Identify the three leadership traits that you believe will be MOST important to help you have a successful high school career. Create a list of strategies and activities that you can practice for each trait to become a stronger leader and a more successful high school student.



Leadership Trait: _____
Strategies: _____

Leadership Trait: _____
Strategies: _____

Leadership Trait: _____
Strategies: _____

KNOWLEDGE



The Ultimate Leader

VISION



The Ultimate Leader

FOCUS



The Ultimate Leader

PASSION



The Ultimate Leader

TENACITY



The Ultimate Leader

DETERMINATION



The Ultimate Leader

HEART



The Ultimate Leader

TOUGHNESS



The Ultimate Leader

VERSATILITY



The Ultimate Leader

POWER



The Ultimate Leader

QUICKNESS



The Ultimate Leader

STABILITY



The Ultimate Leader