



<https://www.bbc.co.uk/teach/articles/z7thkhv>

## Commitment - assembly for primary schools

**1. As the pupils enter:** Play your chosen music – perhaps from [this collection of songs to support assemblies and Collective Worship](#), each with lyrics on screen and backing tracks.

**2. Introduction: Question to engage pupils:** What does it mean to be committed to something? Can you think of a time when you stuck with something even though it was difficult?

**Set the tone:** Explain that today's assembly will focus on commitment—why it's important and how it helps us achieve our goals..

**Link to the National Curriculum.** Explain that today's theme connects to:

- PSHE: Learning about perseverance, responsibility, and teamwork.
- English: Developing speaking and writing skills by reflecting on personal experiences.
- PE: Understanding commitment in physical skill-building and teamwork.
- Maths: Applying commitment to problem-solving and logical thinking.

**3. The video:** Encourage pupils to watch carefully, noting:

- Moments where the character demonstrates commitment.
- How they handle challenges and distractions.
- The results of staying focused and dedicated.
- What pupils take away from hearing the real-life stories of developing commitment.

Pause the video at 01:06 consider an activity they have shown commitment to. How did they keep going when something may have become difficult. Resume the video and pause at 02:22 to discuss Ishaa's story:

- What challenges did Ishaa face in staying committed?
- What strategies did she use to stay focused and dedicated?
- How did her Granny's commitment help them succeed?

Resume the video until the end and discuss Katie's story:

- What did she excel in and how do you think showing commitment helped her to get there?
- What helped Katie to show commitment?
- What skills did Katie show as she trained to be a Paralympian?
- How can we show commitment in school, at home, or in activities we enjoy?

This is an opportunity to introduce someone from your own school community who has a story that demonstrates the value of Commitment.

### 4. After the video – time to talk

- What challenges did Ishaa face in staying committed?
- What strategies did she use to stay focused and dedicated?
- How did her Granny's commitment help them succeed?
- What helped Katie to show commitment?
- What skills did Katie show as she trained to be a Paralympian?
- How can we show commitment in school, at home, or in activities we enjoy?

**Interactive activity:** Use a 'think, pair, share' format: Pupils discuss their thoughts with a partner before sharing them with the assembly.

**5. Opportunity for reflection and/or prayer.** Ask each pupil to think of a "Commitment Goal" for the week, such as:

- Completing a piece of homework or project with care and focus.
- Practising a new skill in PE, music, or art.
- Supporting a classmate by sticking with a shared responsibility.

End the session with a positive phrase that emphasises the value of commitment, such as:

"Commitment means sticking with something even when it's tough. When we stay dedicated, we can achieve amazing things together!"