



Overview:

Sports...sports...and more sports!
Learn about all the different sports
you can participate in to stay active
and healthy.

Lesson:

Overview of lifetime and team sports

National Standard(s) Addressed:

#3 Physical Activity - Exhibits a
physically active lifestyle.

#6 Understanding Challenge -
Understands that physical activity
provides opportunities for enjoyment,
health, challenge, self-expression and/or
social interaction.

Goals:

Performance

Students will perform various sport
activities within personal space.

Cognitive

Students will become familiar with
various sports and lifetime activities.

Affective

Students will appreciate and value
the opportunities presented to them
through sports and lifetime activities.

Pre Teach Vocabulary

Cross Country - A long running/
jogging race.

Lifetime Activity - An activity or
sport you are able to do when you
are older.

Activate Prior Knowledge

Engage students in a conversation
about activities/sports they do and
enjoy. Are these activities performed
alone, with a friend or with their
family? Ask students to think about
activities they can do when they
get older.

Assess and Think Critically

Ask students to recall some of the
activities/sports mentioned during
the lesson. Ask students to tell why
it is important to stay active
throughout their lifetime.

*[Keeps the heart and lungs healthy,
keeps the body flexible, keeps bones
and muscles strong, provides energy,
longevity (live longer), prevents
disease, etc...]*

My Ideas:
