



# How Do Sports Affect Your Health?

## A Lesson Plan for Middle School

(Adapted from <http://school.discovery.com/lessonplans/programs/highperformance/>)

### Assignment:

Have students work in groups and assign them a sport to research. Students will then need to discuss and write about how the sport affects a person mentally, physically and socially (mind, body and spirit). This can be done in their groups with one report submitted per group. Students should break up responsibilities of the report into sections with each member of the group writing one section (this will all depend on the number of students per group). Report responsibilities can be broken up as follows:

- Introduction (giving the history of the sport, objects used to play, name, rules, how the game is played, etc.)
- Mental effects from the game
- Physical effects from the game (include sports nutrition information in this section- i.e. what should the players eat to help them give their best performance?)
- Social effects of the game
- Conclusion (summarizing group findings, outcomes, feelings, etc.)



### Discussion Questions:

1. How does the pressure of a sport affect you mentally?
2. How does the discipline of a sport affect how you approach other things in life?
3. What is it about any sport that keeps you interested?
4. Why is it important to prepare yourself mentally for an event?
5. Do you ever feel so drained of energy that it takes away the fun of the sport?
6. What are the pressures to lose or gain weight while playing a sport?
7. How can physically enhancing drugs hurt you?
8. Do you ever feel the need to keep on going in a sport even though you are hurt or not feeling 100%?
9. What does it mean to be a team player?
10. What are the feelings experienced when the whole team contributes to the win?
11. What do you learn from losing?
12. How do you learn to depend on your teammates?

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Maine Learning Results Links: (Grades 5-8)

1. Health Concepts, A 2: *Describe the relationship among physical, mental, emotional, and social health.*
2. Language Arts, H 8: *Make limited but effective use of primary sources when researching topics*