



# How Do Sports Affect Your Health?

## A Lesson Plan for Elementary School

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

### Assignment:

Have students work in groups and assign them a sport to research. This can be done in 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- what should the players eat to help them perform their best)
- Social effects of the game
- Conclusion (summarizing group findings, outcomes, feelings, etc.)

### Lesson Summary and Discussion Questions:

1. What is it about any sport that keeps you interested?
2. Do you ever feel so drained of energy that it takes away the fun of the sport?
3. Do you ever feel the need to keep on going in a sport even though you are hurt?
4. What does it mean to be a team player?
5. What do you feel like when the reason you won was because the whole team worked together?
6. What do you learn from losing?
7. How do you learn to depend on your teammates?



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Maine Learning Results Links: (Grades 3-5)

1. Health Concepts, F 2: *Predict the results of positive health decisions.*
2. Language Arts , H 2: *Use print and non-print resources (e.g., encyclopedias, dictionaries, people, indexes) to gather information on research topics*