



## **PLAY 60 Presents!** *Extension Activity for “PLAY 60 Presents!” Lesson*

### **Activity Overview:**

In this activity, students share their PLAY 60 *Presents!* presentations with their families and engage in a discussion about all of the sports and physical activities they enjoy and have in common. Discussion guidelines are provided, including a connection to sport as part of everyday healthy habits. Students work with their family members to incorporate sporting activities into all family members' everyday schedules. Finally, families are encouraged to watch or attend a sporting event with their family and use the statistics of the game as a math activity.

**Activity Duration:** Will vary

### **Objectives:**

Students will:

- Share a presentation they created about sports
- Make connections between sports and physical activity and everyday healthy habits
- Incorporate sporting or physical activities into everyday schedules
- Watch or attend a sporting event and use the statistics of the game as a math activity

### **Standards**

#### **National Health Education Standards**

- **Standard 1:** Comprehend concepts related to health promotion and disease prevention to enhance health
  - 1.8.1 Analyze the relationship between healthy behaviors and personal health
- **Standard 6:** Demonstrate the ability to use goal-setting skills to enhance health
  - 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice
  - 6.8.3 Apply strategies and skills needed to attain a personal health goal
- **Standard 8:** Demonstrate the ability to advocate for personal, family, and community health
  - 8.8.2 Demonstrate how to influence and support others to make positive health choices

#### **National Physical Education Learning Standards**

- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
  - S3.M1.6 Describes how being physically active leads to a healthy body.

### **Materials:**

- Student presentations created in the **PLAY 60 Presents!** lesson
- **PLAY 60 Presents!** worksheet
- Computer with Internet access and/or digital presentation software

### **Procedure:**

1. Share with family members the presentation your group created for the PLAY 60 *Presents!* lesson.
2. Discuss your selected sport or physical activity with family members, with examples of how that sport/activity can be part of everyday healthy habits (e.g., warm-ups, regular physical activity, practice sessions, training sessions, etc.) If needed, use the discussion guidelines to prepare for your discussion.
3. Ask family members their favorite sports. If you already know, ask family members to explain why they like those particular sports.
4. Continue the discussion by asking how family members connect their favorite sports to daily activities. Discuss whether these daily activities are healthy habits (e.g., practicing a sport rather than just watching it on TV).

5. Discuss with your family members how to incorporate sporting activities into all family members' everyday schedules. Explain that the American Heart Association recommends that children need to be physically active for at least 60 minutes a day to get important health benefits!
6. Watch or attend a sporting event with your family members. The event can be a sport that you discussed with family members.
7. Gather data from the event and answer the questions on the worksheet.

### Discussion Guidelines

To engage family members, use these guidelines to plan your discussion.

1. Consider a role play while talking with family members. For example, you could play the role of a local sports reporter!
2. Prepare your questions carefully, and be sure to record the responses. For example, if you just wanted to ask about sports you could ask these questions:
  - a. What is your favorite sport?
  - b. Is that to watch or take part in?
  - c. Why is this your favorite sport?
  - d. How does this sport connect to daily activities?
  - e. Are the daily activities everyday healthy habits?
  - f. If not, would you consider participating in a daily activity that included this sport?
3. Alternatively, you could play the role of a fitness coach, and ask questions such as:
  - a. Do you have a favorite physical activity?
  - b. Why is this your favorite physical activity?
  - c. Is this physical activity one you like just to watch or do you take part in it?
  - d. Do you participate in this activity every day?
  - e. If not, would you consider making this a daily activity?

### Sporting Event Statistics

1. Use your own interest in the sporting event to guide your collection and study of the event data.
2. Use the data to analyze aspects of the event.
3. Formulate clear questions to guide your data collection. Example questions include:
  - a. Who was the best performing player at the event?
  - b. Was their score at the event better or worse than their average for the season, or their lifetime performance?
  - c. How much better did this player perform compared to other players?
  - d. Did this player's team win?
  - e. If so, could the team have won without this player?
  - f. Do you expect this player's average to improve or decline for the remainder of the season?
  - g. How will you test your hypothesis regarding the player's future performance?
  - h. You don't have to use all or any of these questions (e.g., team questions may not apply to some sports, such as golf), but you can use these as a guide to your investigation.