

Discussing physical education and my future



Length:
15-20 mins

About this lesson

To help students understand the importance that physical education and health can play in their future, students will watch a video about the relevance of the subject and will engage in a class discussion that will allow them to understand how physical education (P.E.) connects to their lives regardless of what their future holds.

Objectives

By the end of this lesson, students will

- Be able to list real-life connections in P.E. and health
- Understand how the subject can be relevant in different contexts

Inquiry prompts

- Why is studying physical education and health relevant to my future?

Before you begin

1. Ensure that you are able to play the [Physical education & health and your future success](#) video.

Teaching strategies

- 1 Have students consider the following question: How is studying physical education and health relevant to my future? Allow students five minutes to write, and have them keep their responses.
- 2 As a class, brainstorm some ways that P.E. is connected to everyday life. Take notes to remind students of their responses.
- 3 Show students the [Physical education & health and your future success](#) video. Have them consider the following discussion questions as they watch:
 - What are some careers that are connected to physical education?
 - Did any of the careers surprise you? Why or why not?
 - Even if a person isn't interested in pursuing physical education as part of their career, why is it important to learn the subject?
- 4 When the video is over, spend five minutes discussing it as a class, using the discussion questions above as a guide.
- 5 Have students return to their responses to the question at the beginning of class. Give students a few minutes to update their answers. Then discuss with students – did they have anything to add to their answers? Why or why not? Be sure to update class notes as well.
- 6 Follow up for educators:
 - Continue the conversation by having students take the **Matchmaker** interest assessments in Xello that match students with careers that best suit their interests, preferences, and personality styles.



Xello entry point

None—students can dive right in!

Materials required

- [Physical education & health and your future success](#) video.
- Whiteboard and whiteboard markers (optional)

Outcomes

- Student discussion responses

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- Guide students in career exploration in **Explore Options** in Xello. Students can further explore careers related to physical education (or any other subject) by filtering careers by school subject.