

# 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. This video is also available in [Spanish](#).

## 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. This video is also available in [Spanish](#). 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



### Xello entry point

None—students can dive right in!

## Materials required

- [Physical education & health and your future success](#) video. This video is also available in [Spanish](#).
- Whiteboard and whiteboard markers (optional)

## Artifacts

- Student discussion responses

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suit their interests, preferences, and personality styles.

- 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.