English Lesson Plan 2

Chalk Talk

Quick summary: At the end of the 6-week challenge, students will write an article on the benefits they received from participating in the NFL PLAY 60 Challenge.

How long will it take: 45 minutes

What do I need: Student worksheet (Page 9 in Worksheet Booklet included in the zip file)

How does it work:
Students will be asked to write an article on the benefits they personally gained from participating in the NFL PLAY 60 Challenge.
Provide students with writing prompts to help guide their writing such as the following examples:

Writing Prompts:

• How did NFL PLAY 60 benefit your body?
  • Do you feel better?
  • Can you play longer without tiring?
  • Do you look healthier?
• How did NFL PLAY 60 benefit your mind?
  • How has the NFL PLAY 60 Challenge changed your discipline towards physical activity? (Are you more committed to daily physical activity?)
• How did NFL PLAY 60 benefit your spirit?
  • Do you feel more confident or better able to work in teams?
• What was the biggest change that you noticed either in your body, mind or spirit during the NFL PLAY 60 Challenge?
• Will you continue to be physically active for 60 minutes a day? Why or why not?

After students have written their article, have them take a reflection walk with another student or small group. During their walk encourage students to share the major points of their article.
Student Name: ___________________________ Class: ___________________ Date: ____________

Writing Prompts:

• How did NFL PLAY 60 benefit your body?
  ° Do you feel better?
  ° Can you play longer without tiring?
  ° Do you look healthier?

• How did NFL PLAY 60 benefit your mind?
  ° How has the NFL PLAY 60 Challenge changed your discipline towards physical activity?
    (Are you more committed to daily physical activity?)

• How did NFL PLAY 60 benefit your spirit?
  ° Do you feel more confident or better able to work in teams?

• What was the biggest change that you noticed either in your body, mind or spirit during the NFL PLAY 60 Challenge?

• What benefits can you receive from physical activity?

• Will you continue to be physically active for 60 minutes a day? Why or why not?