English Lesson Plan 1

Physical Activity—Read all about it!

Quick summary: Students will interview a partner asking questions related to physical activity. Students will write an article based on the interview responses.

How long will it take: 45 minutes

What do I need: Student worksheet (Page 8 in Worksheet Booklet included in the zip file)

How does it work:
The teacher will talk about what makes a successful interview and review how to conduct a proper interview. Students will pair up with another classmate for the interview process. Have students take the What’s Your Way to Play quiz (in the Student Game Planner) prior to this assignment.

One student is the interviewer and the other student is the interviewee. When the first interview is complete, students will switch roles.

Interview Questions:

• What are your favorite physical activities?
• What Athlete Archetype do you think you are and why?
• How physically active are you?
• How physically active is your family?
• What benefits can you receive from physical activity?
• How can you improve your fitness level?
• How can you help improve your school’s or community’s fitness level?
• In what ways has the NFL PLAY 60 Challenge encouraged you to become healthier?

After the interview process, provide time for the students to write their article based on the information they gained from their interview. If time is left, with the permission of the interviewed student, students can share the information they learned about their partner through the interview.

REINFORCE the content in this lesson with Active Homework Break #23, "Physical Activity—Read all about it!” on page 24.
Worksheet for English Lesson Plan 1:
Physical Activity—Read all about it!

Student Name: ___________________________ Class: ________________ Date: __________
Name of Partner: _________________________

Interview Questions:

1. What are your favorite physical activities?

2. What Athlete Archetype do you think you are and why?

3. How physically active are you?

4. How physically active is your family?

5. What benefits can you receive from physical activity?

6. How can you improve your fitness level?

7. How can you help improve your school’s or community’s fitness level?

8. In what ways has NFL PLAY 60 Challenge encouraged you to become healthier?