Unit 3 - Benefits of Playing Sports

Content Area: **Social Studies**
Course(s):
Time Period: **Marking Period 1**
Length: **5 blocks**
Status: **Published**

Transfer Skills

Develop an understanding of the positive impacts that playing youth sports has on a young female.

Identify the life skills and good habits that young student-athletes learn as they continue to compete and educate themselves.

Enduring Understandings

Athletes develop stronger bones and reduced risk of osteoporosis.

Reduced cigarette and illicit drug use, less sexual activity.

Better at organizing, setting priorities, and budgeting time.

Generally perform better in math and science and have a lower dropout rate.

Girls who play sports are more socially well-adjusted than girls who don't giving them entry into an achievement-based social network.

Playing sports helps girls emotionally and psychologically by giving them higher self esteem, better self-image, more self-confidence and lower rates of depression and suicide.

Sports help girls develop leadership skills, self-reliance and self-discipline while enhancing their ability to function as a team.

Exercise can cut the pressure.

Essential Questions

Why do some girls often quit playing sports by the time they reach middle school?

What are some of the reasons that specializing in a specific sport at a young age can be a bad thing?

Why do female athletes generally perform better in school than non female athletes?

What are some of the life skills and habits that you can learn from the athletic field to apply to your daily life?

Why is time management an important quality and habit to have?

Outside of the classroom, what are some positive impacts that playing sports can have on your future?

Why is loyalty to your teammates so important?

Content

Discuss the impact that sports can have on your future.

Outline the skills and techniques learned in sports that apply to the work place.

Debate the pros and cons of specializing in a sport at a young age.

Understand the importance of time management and how you can apply it to your daily life.

Explain why loyalty to a teammate is an important quality to have.

Skills

SWBAT apply their knowledge from the course to make them more active members in our community.

SWBAT understand that winning and losing has nothing to do with their worth as a person.

SWBAT develop a good work ethic through their research and understanding of the course.

SWBAT encourage other female athletes to continue to play sports and develop beneficial life skills.

SWBAT use their past experiences and knowledge of the course to influence a younger female peer in the community.

Resources

https://childrensmedicalgroup.net/sports-benefit-girls-in-many-ways/

https://www.womenssportsfoundation.org/advocacy/benefits-sports-participation-girls-women/

Google Classroom

Google Slides

Google Docs

Chromebooks

Primary Sources

Graphic Organizers

Youtube

Student Notebooks

NewsELA

Political Cartoons

Twitter - news sources

Standards

1	Developing Questions and Planning Inquiry
2	Gathering and Evaluating Sources
3	Seeking Diverse Perspectives
4	Developing Claims and Using Evidence
5	Presenting Arguments and Explanations

LGBTQ & Persons With Disabilities

LGBTQ:

Elena Delle Donne

Persons with Disabilties:

https://www.specialolympics.org/stories/impact/meet-some-of-the-special-olympics-young-athletes-community

Special Olympics Young Athletes program is an inclusive and welcoming learning environment for children with and without intellectual disabilities from ages 2 to 7 years old.