

Target Grades:

6 to 10

Overview:

Students examine 20 of the 28 Olympic sports and identify their favorite five sporting events. In the process, they discuss the role of recreation in career and life planning.

Purpose:

To consider the role of recreation in career and life planning

Lesson Outcomes:

Students will be able to:

1. Research Olympic sports to determine their personal preferences
2. Select five favorite Olympic sports and explain how each matches their personal interests or skills
3. Describe the role of recreation in career and life planning

Suggested Product for Evaluation:

1. [Olympic Choice Worksheet](#): Each student has identified her or his five favorite Olympic sports and explained how each sport matches personal interests or skills.

Materials:

1. Access to Choices Explorer, either as a class in a lab or throughout the year as a group project completed outside the regular classroom

Lesson Activities:

1. One at a time, ask students to write on poster paper or a blackboard the name of a sports activity. By the end of the exercise, there will be as many sports activities listed as there are students in your class.
2. Ask students to identify their favorite from the list. Have them record their favorite on a piece of paper and record votes for all to see. Note popular and less popular sports.

3. Ask students to list various reasons why some sports are more popular and others are less popular. Encourage a wide variety of answers (for example: more fun, some are better known, access to sport, cost of participation, friends are not involved).
4. Tell students that popular sports are not necessarily the best sports for each individual. Ask them to identify reasons why different people like different sports (for example: different interests, different abilities, different experiences, different exposure to sports, different families have different interests).
5. Tell students that today's lesson will begin by looking at the sports at the Athens Olympics in 2004. Each student will be asked to research each of the sports to determine his or her favorite five. Each student will also be asked to determine how personal interests and abilities relate to her or his top five choices. Finally, students will be asked to discuss the role of sports and other recreational interests in career and life planning.
6. Have students look at the sports listed. The 28 sports are:

Aquatics, Archery, Athletics, Badminton, Baseball, Basketball, Boxing, Canoeing, Cycling, Equestrian, Fencing, Field Hockey, Football (Soccer), Gymnastics, Handball, Judo, Modern Pentathlon, Rowing, Sailing, Shooting, Softball, Tae Kwon Do, Tennis, Table Tennis, Triathlon, Volleyball, Weightlifting, Wrestling

Tell students that only some of these sports will interest each individual. Their task will be to research various sports on Choices Explorer to determine their favorite five sports in the Olympics.

7. Hand out the Olympic Choice Worksheet. Have students use Choices Explorer to research 10 selected sports (Choices Explorer covers over 20 of the sports in recreation and career articles). Ask students to identify their top five sports in the Olympics and explain how their skills and interests relate to those sports.
8. Once the worksheets are completed and handed in, put students into groups of four or five to agree or disagree with the following statement:

"A sport or any other recreational interest can be as meaningful to a person as their work."

If they agree, ask them to list several reasons why they support this perspective. If they disagree, ask them to list several reasons why this perspective is flawed. After several minutes of discussion, ask each group to argue for or against the statement.

9. Tell students that sports and other recreational interests (pottery, reading, pets, playing games, travel, etc.) can be as rewarding as work. If you have any personal stories of individuals you know who use recreation to fill in the gaps left unsatisfied by work, tell them! In modern career and life planning, it is wise to consider both work and non-work activities as a source of personal fulfillment.

Reflection Activities:

1. Put students into groups of two. Tell them that Olympic athletes make sports their full-time job. If an athlete also had abilities and interests in helping others, organizing things, and public speaking, ask the groups to identify 10 things that she or he could do during non-work times.
2. In those same groups of two, ask students to identify over 30 non-sports recreational activities that people can do to satisfy personal interests or abilities. Beside each recreational activity, list at least two interests or abilities that would be satisfied.



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