

Why Extracurricular Activities: Classroom Lesson Plan

Lesson Topic:

The Benefits of Extracurricular Activities

Lesson Objective:

Students will be able to name examples of extracurricular activities and describe the importance of participating in these activities.

Materials:

- Chart paper
- Writing utensils
- Projector or other method to watch the movie

Advanced Preparation:

- [Preview the video](#) before sharing it with your students [2:22].

Warm-up Activity:

1. Ask students to tell what is meant by the term “extracurricular activities.”
2. After explaining that extracurricular activities are those activities that take place outside of the regular school day or the regular daily routine, have students name some extracurricular activities they are familiar with.

3. Divide a piece of chart paper into two columns. Label the first column "Extracurricular Activities". Make a list of all the extracurricular activities students can think of.
4. Have students tell which extracurricular activities they are already participating in as well as those they might like to try in the future.

View the Video: "Why Extracurricular Activities"

1. Tell students they will be watching the video titled, "Why Extracurricular Activities".
2. Explain that the video presents role models talking about why extracurricular activities are valuable.
3. Tell students that, as they view the video, they should listen for reasons the role models believe they should consider extracurricular activities.
4. View the video together.
5. View the video again; this time, invite students to formulate questions or comments about the ideas discussed in the video and to be prepared to discuss these after viewing the video.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions and responses to the video.
2. Invite students to note specific things they learned about the different extracurricular activities featured in the video and to reflect upon their observations. (E.g., "I liked when the role model said that you can always learn something new from every person you meet.")
3. Ask students to add any new extracurricular activities they can think of, or those mentioned in the video, to the first column of the chart created during the Warm-up Activity.
4. Label the second column "Why Extracurricular Activities?"



5. Ask students to turn and talk to a partner about why extracurricular activities are so important.
6. As a class, discuss specific reasons that extracurricular activities are so important and list each reason in the column "Why Extracurricular Activities?"

Extension Activities:

1. Use the “Related Questions to Explore” as discussion springboards or writing prompts to help students further explore the importance of extracurricular activities.
2. Have students use drawings, photographs, and images cut from magazines along with captions to create posters “advertising” their favorite extracurricular activities. Invite students to take turns presenting their posters. Ask the “audience” to pose questions to learn more details about each extracurricular activity. Remind students to include questions that will help them discover how classmates benefit from their particular activity choices.

Related Questions to Explore:

- What did the first role model in the video mean when she said that extracurricular activities help you feel confident and boost your self-esteem? Why are confidence and self-esteem important?
- What did the role model mean when she said that extracurricular activities help you to “give back to your school?” Do you think it’s important to give back to your school? Why or why not? How can extracurricular activities help you to give back to your school?
- More than one role model said that extracurricular activities help you work well with other people. Why is it important to know how to work well with other people? Even if you prefer working alone, name one or two situations where you might have to work well with other people.
- How can joining extracurricular activities help you “release energy” you may have stored up when sitting still, working on schoolwork? How can releasing such energy actually help you do better on your schoolwork?
- What does it mean to be “well-rounded?” Why is it important to be well-rounded? How can extracurricular activities help you to become well-rounded?



Ideas for Future Lessons/Activities Related to Extracurricular Activities:

1. What Does It Take to Apply for a Job or College: Applications, Resumes, and the Role of Extracurricular Activities
2. Learning About Yourself: How Extracurricular Activities Can Help You Discover New Interests
3. Adults Participate in “Extracurricular Activities” Too! Researching Activities that Adults Participate in After Work or School
4. Math Link—Exploring Different Types of Extracurricular Activities: Classifying Activities by Type
5. Teamwork, Planning, and Execution: Teaching an Extracurricular Activity to a Younger Class
6. Conducting and Recording Interviews with Real Life Inspiring Women About Their Extracurricular Activities in School and Now
7. Technology’s Role in Extracurricular Activities