

Activities

1. Describe the sports that you have participated in. Was this experience positive? Explain your answer orally or in writing.



2. In groups or individually, create a recruiting poster or slide presentation that describes and advertises the sports, cheerleading, or dance opportunities available for students at your school.



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3. In groups or as a class, develop a list of strategies for promoting and increasing interest in the sports, cheerleading, or dance opportunities available at your school or within your community.

4. Pick a sport you enjoy playing or watching, and use informational resources to learn more about its history. Share your information with other classmates.



Home Connection Interview at least one relative about his/her experience participating in an extracurricular activity during his/her middle or high school years. How did his/her experience shape his/her life? Would he/she recommend getting involved in the same activity to others? Briefly write up your interview and place this assignment in your health portfolio.

SPORTS, DANCE, and CHEER

There are many opportunities in middle school and high school to get involved in sports, dance, and cheer. Some of these extracurricular activities include:



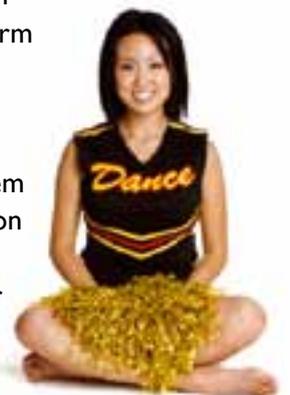
- Football
- Basketball
- Baseball/Softball
- Volleyball
- Tennis
- Swimming and Diving
- Track and Field
- Soccer
- Cheerleading
- Dance



There are many health and social benefits for students that get involved in sports, cheerleading, and dance squads. These activities are usually free for enrolled students. There are sometimes associated costs for uniforms; however, many schools have fundraising programs to help offset these expenses. Players are expected to attend practices, games, and competitions. Team building is an important part of these extracurricular activities and helps students form new friendships.



To get involved in any of these extracurricular activities, go to your school counselor and let them know about your interest. Ask for any information they might have on tryouts or signing up for the different teams and squads. Visit with coaches or the dance and cheerleading sponsors at your school to learn more about these opportunities.



Discussion Questions

- What sports or activities are you interested or involved in?
- How can participating in sports, cheerleading, or dance enhance your health and fitness?