

Physical Education Day 2: How to get an A in ALL of your classes

Entrance Question:

If you had one free throw and if you make it get \$1mil but if you miss you never get to text again, would you shoot it? **(please make a copy before using)**

<https://forms.gle/nM3GCPXvimj8ysTA8>

Find a story that makes students think about what a successful person looks like? Ask students to describe that person in 2 words or less in the chat.

Introduction to Success:

Show [IceBerg](#) PowerPoint and What Does a Successful Person look like slides.

Show [Rocky](#) Motivational Speech

Think about and write down your definition of success. Share in chat, if you'd like.

Define Success:

Success (the opposite of failure) is the status of having achieved and accomplished an aim or objective. Being successful means the achievement of desired visions and planned goals. Furthermore, success can be a certain social status that describes a prosperous person that could also have gained fame for its favorable outcome.

The only person that can answer the question above is you. I am neither able nor willing to prescribe the ultimate definition of success, as this is not possible. Every person is thinking differently about being prosperous in life and is defining success in another way, so there can't exist a definition that is suitable for all. It is very important that you know exactly how to define success in life! Make yourself aware what accomplishment, success and prosperity in general means to you in your life. Some might define success as having luxurious cars and a huge mansion, whereas others consider a life full of joy and happiness with their family as the true meaning of success. Once you have figured out what is important for you personally you are able to focus on your visions and goals.

In terms of PE, go to the Google Form <https://forms.gle/sYMDtBVVZHTcP6Bv8> and go through each of the questions with the students. **(please make a copy for yourself before using)**

Show [Mindset](#) of an Elite Athlete Motivational Video

Exit Questions: Go through the [form](#) with the students and have them fill it out. Once completed, have students submit before they leave the class.

Here is the [example](#) that I took that exit question form from, if you need help explaining it.

2 minute Meditation

<https://www.youtube.com/watch?v=Z4rRjGhN-gs>