

Daily Lesson Plan For December 14th and 15th

The Power of Sports-Vision

December 14/15 Entrance Question

If you were continuously being attacked by eagles, how many could you take out before they got to you?
<https://forms.gle/T6ufo91qEuSy2ZZv5>

The Jimmy V Speech for reference:

<https://www.youtube.com/watch?v=SHKzH6zR8xE>

Instructional Sequence

An early theme in the Jim Valvano ESPY speech was "Knowing where you started, where you are and where you need to be." Valvano follows up with "How do you go from where you started to where you need to be?" He answers the question with "You need to have an enthusiasm for life!" (5:34 mark of speech)

In this lesson named "VISION"- we are going to revisit a past lesson and tie it into the Jimmy V unit. Each year at the ESPY's, the Jimmy V Award for Perseverance is handed out to one person. This award is handed out as part of the [ESPY Awards](#) to "a deserving member of the sporting world who has overcome great obstacles through perseverance and determination"

<https://www.cnn.com/2019/07/11/us/2019-espy-awards-rob-mendez-rousing-speech-trnd/index.html>

Mendez has always had a vision. A vision of being a head football coach despite not being born without any arms or legs and having multiple doors closed on giving him an opportunity.. In 2019, Rob Mendez won the Jimmy V award for Perseverance. Here is his acceptance speech that his VISION and him proving his Enthusiasm for Life into life's practice..

<https://www.youtube.com/watch?v=j-HrKUfknh0>

Closer to home, OPRF's Alec Cabacungan has had a vision from the day he was born. A VISION to help young people overcome their health obstacles and give them hope. Using his platform as the spokesperson for Shriner's Hospital, Alec has also seen every major sporting event live since 2014. Now, as a 2020 OPRF graduate, Alec is studying communications and wants to become a sports reporter himself, while continuing his passion for working with Shriner's Hospital..

<https://trapezeonline.com/1577/features/heart-over-height-the-legend-of-alec-cabacungan/>

Here is a video about Alec and his Vision to help young people while at the same time gain experience for his future career in the sports industry.

<https://www.youtube.com/watch?v=MZna1q3ZOP4>

Dec 14/15 Exit Question:

Today, you are now a semester closer to completing high school. Have you thought about the VISION that you have? What is it going to take to get you from where you are to where you want to be? It may not be a traditional route to get there. What are those obstacles? Please write at least 4-5 sentences describing your vision, some obstacles that may be in your way, and your action plan that will take you from where you are to where you need to be.

Daily Exercise Minimums and Exit Question

<https://docs.google.com/presentation/d/1aOTBCGRKqk2CsSPiHb1Slfg19c26r6kkXnylHRQASLA/edit?usp=sharing>

2 Minute Meditation Practice

<https://www.youtube.com/watch?v=Jholcb8Gz0M>