

Daily Lesson Plan For December 9th and 10th

The Power of Sports-Levity

December 9/10 Entrance Question

Do birds always fly around with a mission in mind or do they fly around for fun?

<https://forms.gle/1TdNZuTFE7oFKXj69>

Instructional Sequence

Basketball Coach Jim Valvano had an excellent coaching career with multiple schools, most notably at [North Carolina State University](#). While the head coach at NC State, his team won the **1983** national title against improbable odds. Valvano is most remembered for his ecstatic celebration after winning the national championship against the heavily-favored [Houston Cougars](#).

https://www.youtube.com/watch?v=WxN9_SZhHns

ESPN 30 for 30 Survive and Advance

<https://www.espn.com/watch/player?id=0e2b32cf-e3b8-4520-8cdd-7f10f0936df6&om-navmethod=espn%3Aglobalsearch%3Aresults>

After his career, Valvano gave an inspirational and memorable speech in 1993 at the [ESPY Awards](#), while terminally ill with cancer, telling listeners to laugh, think, and cry each day, saying "don't give up. Don't ever give up". He gave the speech less than two months before his death from [adenocarcinoma](#), a type of many glandular cancers. The [ESPY Awards](#) now include the [Jimmy V Award](#) named in his honor. Each year, a college basketball tournament called the Jimmy V Classic is held in his honor and in support of cancer victims and survivors.

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

One of the moments in the video is when Valvano told us to laugh, think and bring yourself to emotions every day. That is what we are going to focus on for our last 10 days.

In speaking about Levity, humor is a major part of stress management. Laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

<https://www.youtube.com/watch?v=YH2tUeS1i6c>

Dec 9/10 Exit Question:

How does humor affect you? What makes you laugh? Do you find that humor and laughing helps manage stress? Please answer these questions in 3 to 4 sentences and use examples that really bring up your spirits and make you laugh every time you see or hear it. Feel free to add Youtube clips as examples. The form for the exit question is under the classwork tab in the google classroom.

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=Z4rRjGhN-gs>