



## LESSON 2.3 Activities, Activities, Activities

### Module #2: Building Relationships & Getting Involved

The high school experience is truly defined by relationships and involvement. Students must learn to navigate relationships with adults in the building, classmates in the Freshman Focus class, and all the other students in the building. And, often the best way to get to know these individuals is through involvement with school clubs, activities, and athletics.

### Enduring Understandings

- I. Building positive relationships is an important piece to a successful high school experience, and doing so requires skills, practice, and effort.
- II. **Knowing about, understanding, and participating in high school co-curricular, extra-curricular, and athletic activities will create a more meaningful, positive high school experience.**

### Essential Questions

- I. What are the keys to developing positive relationships? (I)
- II. How can I engage in successful relationships with my teacher and other adults in my school life? (I)
- III. **What opportunities are available for me to get involved in my high school? (II)**

### Lesson Objective(s)

Students will be made aware of the many extracurricular clubs, activities, and athletics that are available for participation during high school.

Lesson 2.1

Lesson 2.2

**Lesson 2.3**

Challenge 1.1

Challenge 1.2

### Directions:

1. Prior to conducting this lesson, create a list of the clubs, activities, and athletics that are available to students at your high school. You may want to include a brief description of each of the groups and a contact person.
2. Distribute a copy of the "Activities Handout" to each student. Discuss the activities and opportunities with the freshmen and answer any questions they may have.
3. Student leader should be prepared to share stories about their personal participation in various school activities and the benefits that resulted.
4. Challenge your freshmen to choose at least one (1) activity, club, or athletic team, that they will join during their ninth grade year – write these commitments down and track them throughout the year. Student leaders should follow up with the freshmen to make sure they are aware of upcoming meetings, auditions, etc.

### Materials & Supplies

- Copies of your school's "Activities Handout"

FOCUS POINT

Students who are involved in extracurricular activities have a better high school experience – both academically and socially. Sometimes freshmen just don't know what or how to give something a try – this is your chance to get them all involved!

- Invite student and faculty representatives from the various groups to speak to your freshmen about their clubs and organizations. This will give students an opportunity to ask questions and hear details about the experiences and opportunities.
- Blog/Journal Entry: Which activities interest you most? What did you learn new today?

resources & extension