**Lesson Plan: Football Study Skills Lesson**

**Counselor: Laura Jones**

**Date:**

**Grade(s): 4**

**ASCA student standards (Domain/Standard/Competencies)**

A.A2.1 Apply time management and task management skills

A.B1.3 Apply the study skills necessary for academic success at each level

C.A1. 6 Learn how to set goals

**FCPS Curriculum**

1. GU.400.70 Students will make decisions, set goals, and take necessary action to achieve goals
2. GU.400.70.01 Students will apply effective decision making, problem solving, and goal setting processes to achieve personal success

**Learning Objectives:**

1. Students will identify the 3 components of study skills
2. Students will discuss how work and social habits listed on the report card affect their academic progress
3. Students will review and discuss progress made on their personal long-term goal

**Material Needed:**

1. Boom box, CD- Hank Williams Jr.’s “Are you ready for some football”
2. Referee jersey, *Go For the Goal game* (1/2 of football field w/work & social habits on yard lines, 16 football game pieces)
3. Tape, “Time Out” Sheets, LOG charts, markers, Football game, TUIT game pieces

**Procedure:**

1. Play Music “Are you Ready for Some Football” by Hank Williams Jr. as we enter and set up, display football field on the board
2. Introduction
   1. Work and Social Habits
      1. Discuss what they are and their importance to school success
      2. Hand out footballs (1 per 2 students)
      3. Instruct students to read the statement on their football and decide which Social/Work Habit it belongs under
      4. Give them a piece of tape to tape in on the yard line
      5. Discuss how some of these skills can fall under different habits
      6. Discuss how all of these skill can fall into 3 major categories: L-Listening, O-Organizing, G-goal setting
3. LOG
   1. Pass out “Time Out” Sheets
   2. Have student write L-listening, O- organizing, G-goal setting one on each football. Inform them that the statement at the bottom will be their personal long-term 4th grade goal
   3. Tell the students that these are their strategies for making a GOAL (Getting Organized and Learning to Study)
4. Listening
   1. “Practice Run” – demonstrates the importance of listening
   2. Students will be asked to stand. They will be given a series of instructions. Students will listen to the instructions, and using their memory will try to perform the steps given in the exact order in which they were told.
      1. Touch Your Left ear
      2. Clap 3 times
      3. Turn around
      4. Jump 6 times
      5. Touch your nose
      6. Blink 4 times
      7. Do 3 jumping jacks
      8. Touch the floor
      9. Stomp your foot twice
      10. Say: “Counselors Care”
   3. Discussion: Was it easy to do? What are some strategies you could have used to help?
   4. Listening Chart
      1. Brainstorm ways that students can show, practice, etc. listening. Write ideas on chart
         1. Include: Nod your head, concentrate, look at speaker, lean towards speaker, sit up, listen for verbal cues such as “you need to know” Ask questions, participate, ignore/eliminate distractions
         2. Have students write at least 3 listening ideas from chart on the “L” football
5. Organizing
   1. To-Do Lists (Hand out Football to-do lists)
      1. Discuss way to use them (i.e. grocery lists, things to do today-checklist, preparations for birthday party)
   2. “Practice Run” – Prioritizing
      1. Students will be given a real life scenario and a list of task that need to be completed
      2. \*\*\* Your alarm went off, but instead of getting up right away, you have decided to hit the snooze button 3 times. Now you have only 30 minutes before you have to leave for school. (Clean room, read bok, get dressed, eat breakfast, wash hands/brush teeth, get lunch/lunch money, get backpack check backpack, watch tv, call friend on the phone, take dog out/feed animals, make bed, get on bus/get in car, play outside)
      3. Students will need to prioritize list 1-7 and place “X” to eliminate some “luxury” items
      4. Place sentence strips on chalk board. Remove those in which the students eliminated
      5. Rank/Prioritize remaining strips
6. Goal Setting
   1. Check in to see how much progress students are making on their long-term 4th grade goal
7. Football Game
   1. Divide students in half
   2. Play game
8. Wrap up
   1. Hand out “TUIT” football and remind students that if they “Get To It” they will reach their goals

**Plan for Evaluation:**

1. Process Data: all 4th grade students
2. Perception Data: “to-do” lists
3. Outcome Data: Listed above
4. Follow up: To-Do list take away and work towards the goal they set for 4th grade